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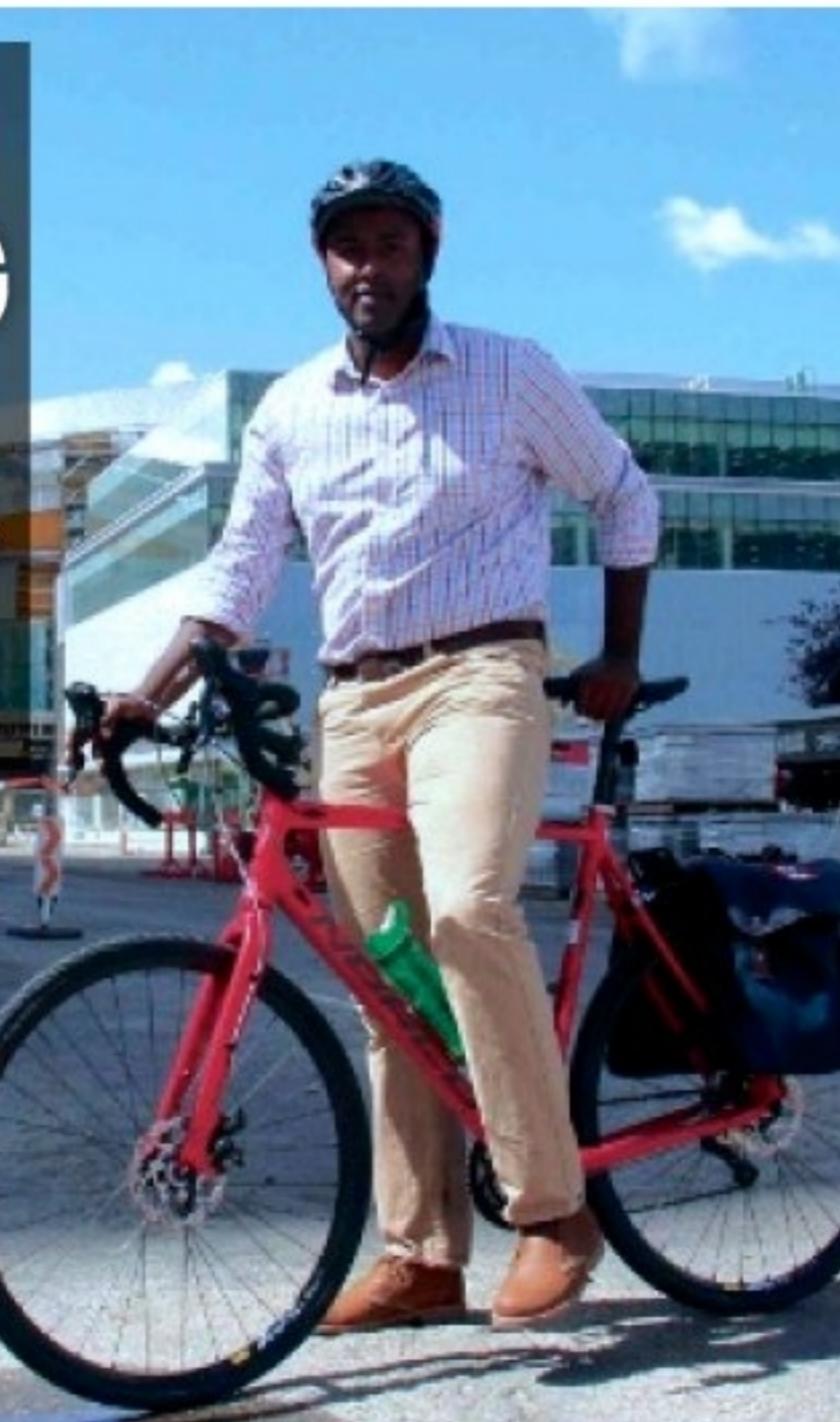


High 25°C/Low 13°C Mostly great  

NOT BACKING DOWN

After he shared a video of an
alleged hate incident —
he received more epithets

metroNEWS



TIM QUERENGESSER/METRO

Restaurant sales way up

FORT MCMURRAY

**Historic spending
linked to Fort Mac
fire evacuees**


**Samantha
Power**
For Metro | Edmonton

Restaurant spending in Alberta
reached an all-time high in May,
according to data from Statistics
Canada.

Despite the largest monthly drop
in national GDP reported by Statistics
Canada, Albertans spent more in
restaurants throughout the month.

But some think this may not be
due to an increase in patio revellers.

"I would suggest that it is the
evacuees related to the Fort Mac
fire would be eating out a lot," said
Trevor Tombe, an economics profes-
sor at the University of Calgary.

Restaurant sales have been trend-
ing down since 2014, but the in-
crease in May puts them at the
highest level in Alberta's history.

Albertans spent more than \$761
million on restaurant sales in May
compared to \$743 million in April.

"We've basically seen total sea-
sonally adjusted restaurant sales
grow in one month alone by \$18.5
million," said Tombe. "Sales natu-
rally go up in the summer, but we're
seeing a greater increase than that."

The numbers Tombe has analysed
show an increase specifically in the
area of fast food spending.

Restaurant spending is dis-
cretionary and usually declines in an
economic downturn.

But Alberta remains by far one
of the top national spenders on
dining out, with British Columbia
just slightly ahead. On average each
Albertan spends close to \$180 per
month on dining out. The next
closest province is Ontario, which
spends around \$150 per capita a
month.

"That's because Alberta's econ-
omy is still a lot stronger than a
lot of people realize," said Tombe.

**For coverage on flooding
in Fort Mac, see page 8**

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Purdy's to performing

MY **first** SUMMER JOB

 **Alex Boyd**
Metro | Edmonton

The summer job is a rite of passage, usually involving low pay or menial labour, but always memorable.

Every Monday this summer, as thousands of students across Edmonton suit up for a first taste of the working world, we're talking to notable Edmontonians about their first summer job.

This week, we speak with Edmonton-raised actor Amy Shostak, who's back in town for Fringe.

What was your first job, and what were you paid?

My first real non-family job was at Purdy's Chocolates in Kingsway Mall. I worked there on the weekends during high school. Minimum wage was a whopping \$5.90.

Were you good at it?

I am extremely gifted at eating candy, but I think overall I was a bad employee. I loved gift wrapping boxes and merchandising the shelves, but I think my teen angst got in the way of good customer service.

What was an average day?

Arrive one minute before my shift started, don the purple apron and start peddling chocolate. I was often assigned to the ice cream station, where I would accidentally break multiple cones and disappoint multiple customers.

What were the best and

worst parts of the job?

Best: I worked with mostly retirement-aged ladies, and many of them were extremely sweet and would give me life advice. It was one of the only place I worked that had a staff made up of all women.

Worst: In high school I often dyed my hair wacky colours — red, green, blue — and I happened to dye it purple when I worked at Purdy's. The monochrome purple store/apron/hair combo really got a lot of attention from people walking by. Every single person who entered the store would ask me if I dyed my hair because I loved Purdy's Chocolates. I always responded with a deadpan "No."

Is there a memorable moment?

One day I went into the storeroom where we kept all the extra chocolate and a freezer full of ice cream. I sat on a pail and ate five ice cream bars. Then I lived in fear for the remainder of my time at Purdy's that someone would find out. I was a feeble teen.

Could you do it now if you had to?

It was the easiest job I ever had, so absolutely I could do it again, but I think I would be bored to tears, quietly dusting the display case.

Did you learn anything from it that you use in your current job?

I remember on my first day, my manager explained that I would have to try all of the chocolates. I said I didn't like white chocolate, and I hated candied ginger.



Actor Amy Shostak was raised in Edmonton and now lives in Vancouver. She's currently back in town for the Fringe. AARON PEDERSEN/CONTRIBUTED

She explained that I needed to try even the ones I hated so that I could describe them to customers. I think there

is a loose metaphor here. Something like, "You can't truly know something unless you experience it firsthand."

As a theatrical improvisor, I need to practise trying things, even when I am afraid of the outcome.

CLOVERDALE FOOTBRIDGE

Group concedes court fight may be end of battle

Ultimately, it may be a bridge too far.

Organizers of the group pushing to prevent the city from demolishing the Cloverdale Footbridge and routing the future Valley Line LRT through the area concede an upcoming court date, on Aug.

16, is likely the last card they have to play in their long fight to preserve the structure.

"It's hard to say, but if it goes before the courts and the judge rules against us, it's hard to see what other recourse we would have at this point," said Eric Gormley, one of the main

organizers behind Save Edmonton's Downtown Footbridge.

The group has filed an injunction against the city in connection to the LRT decision, all linked to a long-standing provincial agreement with Edmonton, which Gormley claims requires Alberta to ap-

prove or deny development in the valley, which is essentially a park.

Gormley also said that unless the group's crowdfunding campaign for its legal fees picks up, he may be paying for legal costs out of his own pocket. After one week in exist-

ence, the group's GoFundMe page stood at \$375 as of Monday evening, well short of its stated goal of \$5,000.

"Hopefully it will be manageable," Gormley said of paying legal fees himself. "I say that with a lump in my throat." METRO

CARBON LEVY

Hike has industry upset

 **Jeremy Simes**
For Metro | Calgary

Capital Power says it had no opportunity to advise the government about potential consequences with hiking the carbon levy on their power purchasing agreement (PPA), as they and Enmax claim they were never consulted by the NDP prior to the levy increase in June 2015.

Last week, Deputy Premier Sarah Hoffman said ministers weren't aware of the "Enron clause" — which lets power companies offload money-losing contracts if government actions make them unprofitable "or more unprofitable" — until March 2016.

This resulted in the government filing a lawsuit that aims to remove the "or-more-unprofitable" phrasing so taxpayers aren't on the hook for \$2 billion by assuming the losses through the Balancing Pool.

On Monday, both Capital Power and Enmax told Metro they were never consulted by the government about the levy hike.

Capital Power said it learned of the hike shortly before the June 25, 2015 press conference hosted by Environment Minister Shannon Phillips.

"While we participated in, and supported, the announcement of the SGER (Specified Gas Emitters Regulation) changes, we were not consulted about how large the changes would be, or asked by elected officials to identify the consequences," Capital Power said in a statement.

Enmax said it was made aware of the carbon levy increase during the news conference, adding the government's change in SGER law is what triggered the organization to analyze and determine that the increase to carbon costs affected the profitability of its PPAs.

However, Ministry of Energy spokesman Brad Hartle said the carbon levy hike on large emitters shouldn't have been a surprise to the companies.

He said the former PC government consulted power companies when the PCs announced they were extending SGER regulations to June 2015, which is when the NDP government increased them.

CHESS

Game on: From rook-ies to kings

The final day of the 9th Calgary International Chess Classic took place in a small converted office space in Northeast Calgary on Monday — not exactly where you would expect to find some of the world's greatest chess minds.

The room itself was filled with a total of five Grandmasters (the highest title in chess) and players from countries as far off as Israel, Brazil and India.

But Diwen Shi, one of Calgary's most exciting young players, didn't look out of place. Despite being just 17, Shi has earned the title of FIDE Candidate Master and ranks in the top 10 for his age group in Canada.

According to Vlad Rekhson, president of the Alberta Chess Association, this tournament is the next step for Shi toward earning the rank of International Master.

Rekhson could only describe the Sir Winston Churchill student — who just so happens to run the school's chess club — as a certified "wiz."

On the final day of competition, Shi was seated opposite Olivier Chiku-Ratte, a Montreal-born player who travelled to Calgary for the annual tournament.

Their match stretched over three hours with Chiku-Ratte emerging victorious. But despite



Diwen Shi (left) and Olivier Chiku-Ratte remain friends after their match at the 9th Calgary International Chess Classic.

MATHEW SILVER / FOR METRO

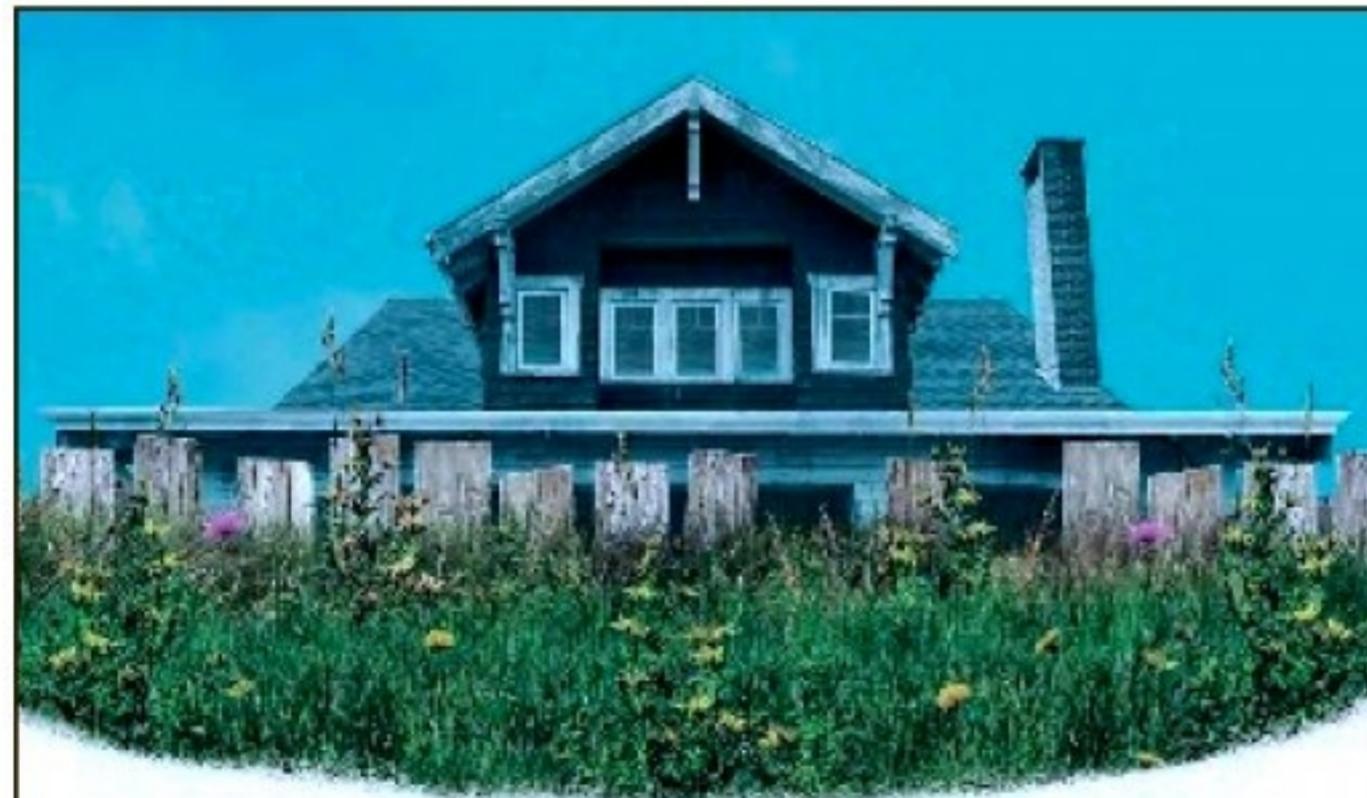
their rivalry on the board, the two have formed a friendship that extends beyond competition.

In fact, Chiku-Ratte stayed at Shi's house for the weekend. The boys met at the Canadian Chess Challenge and have been keeping in touch ever since. They both idolize Norwegian chess prodigy, Magnus Carlsen, though remain divided on how they would fair if they had the chance to challenge the world's No. 1.

"I think I would win easily," says Chiku-Ratte with a smile. "Maybe I could beat him in correspondence chess, but otherwise I would lose in like 10 moves," says Shi.

When asked what they like to do in their spare time the boys looked at each other and smiled.

"We play blitz. It's chess with five minutes per person," says Shi. Surprise surprise. If you want to be one of the best young chess players in the world you aren't going to play Pokémon Go. MATHEW SILVER/FOR METRO



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Ben Taylor with Steam Whistle Brewing poses with bike repair tools at the new DIY repair station on public property off Whyte Avenue. CONTRIBUTED

DIY bike fix stop comes to Whyte

CYCLING

Public repair station offers tools around the clock

Kevin Maimann
Metro | Edmonton

Cyclists with ailing bikes can now get a quick fix right off Whyte Avenue.

A new repair station installed on the sidewalk next to the bike corrals at 8224-104 St. will be equipped with a tire pump and a stand that has eight tools for minor repairs.

"It's everything you would need for a DIY repair," said Ben Taylor with Steam Whistle Brewing, the company that financed the station. "You can hang your bike from it and you can pump

up your tires, you can change your inner tubes, you can tighten all the nuts and bolts and all the hardware."

Steam Whistle has installed two other repair stations on private property, at Duggan's Boundary Irish Pub and at a Sherlock Holmes location near the University of Alberta, but the new one is the first on City of Edmonton property.

Taylor said the location is ideal because it's already a

It's everything you would need for a DIY repair.
Ben Taylor

cyclist hub and 83 Avenue will eventually have permanent bike lanes.

He feels the city's co-oper-

ation in the project shows a growing recognition of cyclists' concerns.

"The city is kind of realizing that Edmonton should be doing a little bit more to support the cycling community," Taylor said.

Chris Chan, executive director of the Edmonton Bicycle Commuters Society, said there is a big demand for round-the-clock bike repairs in the area, as evidenced by how quickly the corrals fill up in the summer.

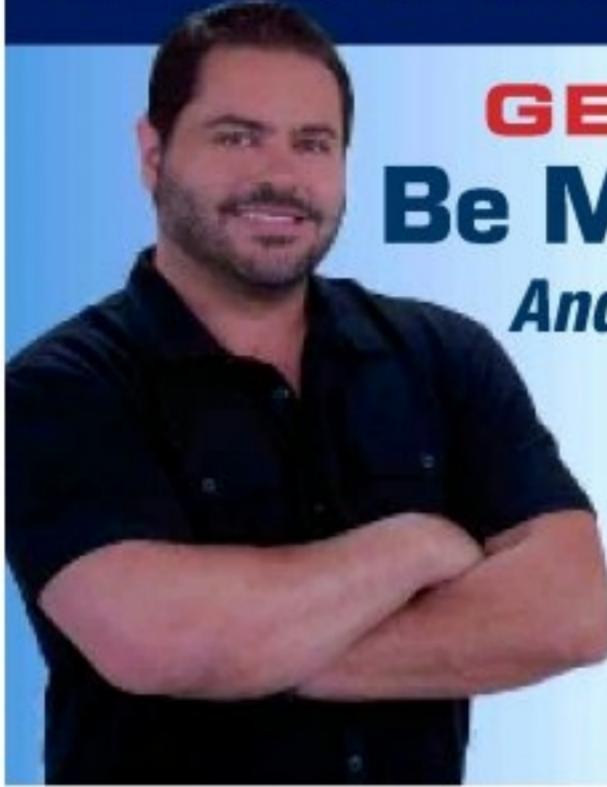
Currently, it's hard to find a repair shop that's open late or on Sundays.

"It's really exciting. I think it's a great service and it's really helpful for businesses to be doing stuff like this," Chan said.

Still, he would like to see the city step up with its own initiatives. The EBC approached the city last year asking for repair stops at community league halls — at a price of \$1,500 to \$2,000 each — but was turned down.

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1 Purchased Duplex - \$800/mth

'People came together'

HISTORY

Librarian compiles tales of inspiration amid disasters

Samantha Power
For Metro | Edmonton

Alberta Strong was a rallying cry this spring when fire engulfed Fort McMurray, but librarian Caroline Land says it's always the Alberta way when disaster strikes.

In searching for commemorative stories on Black Friday, the tornado that struck Edmonton July 31, 1987, Land found tales of cooperation and resilience from across the province.

She's putting all the stories together.

"People came together to help other Albertans," said Land.

Land says the commemoration of these stories demonstrates not just surviving dis-



Librarian Caroline Land went looking for books on recent disasters, and found more than she bargained for. SAMANTHA POWER/FOR METRO

aster, but provides resources to survivors in recovery.

"This gives the survivors

voice and the recovery process a voice," she said.

The titles range from the

Frank Slide, Alberta's first disaster, to Rising, a documentation of the 2013 flood. Land

says she was most surprised by the story of the Chinchaga fire. The fire burned about four million hectares of forest in Alberta and British Columbia in 1950.

"The smoke could be seen eventually as far as Europe," said Land.

She says the fire changed the way the province responded to wildfires. And the history of these natural disasters is also a history of a province evolving.

"The Edmonton tornado led to the creation of the emergency alert system," said Land.

All titles are available from EPL and are housed primarily in the Heritage Room of the downtown location. The Heritage Room provides a space for local history to be archived.

BEER TAX Grant helps brewers: Association

Jeremy Simes
For Metro | Calgary

Beer prices for at least two Alberta brewers will remain bubbly for consumers, as they plan to use the government's grant to offset the newly implemented mark-up.

Last week, the government said small brewers will get up to \$20 million a year in grants, helping offset a hike in the markup on all beer sold.

The markup, which the government announced in early July, plans to charge the same \$1.25 per litre beer markup for all beer by Aug. 5, regardless of the size of the company or where the beer is made.

Terry Rock, executive director of the Alberta Small Brewers Association, said Monday it's up to craft brewers if they want to up prices or keep them the same.

"There is no reason they would have to," Rock said. "Without the grants they probably would've had to. It's completely up to them how they handle their pricing."

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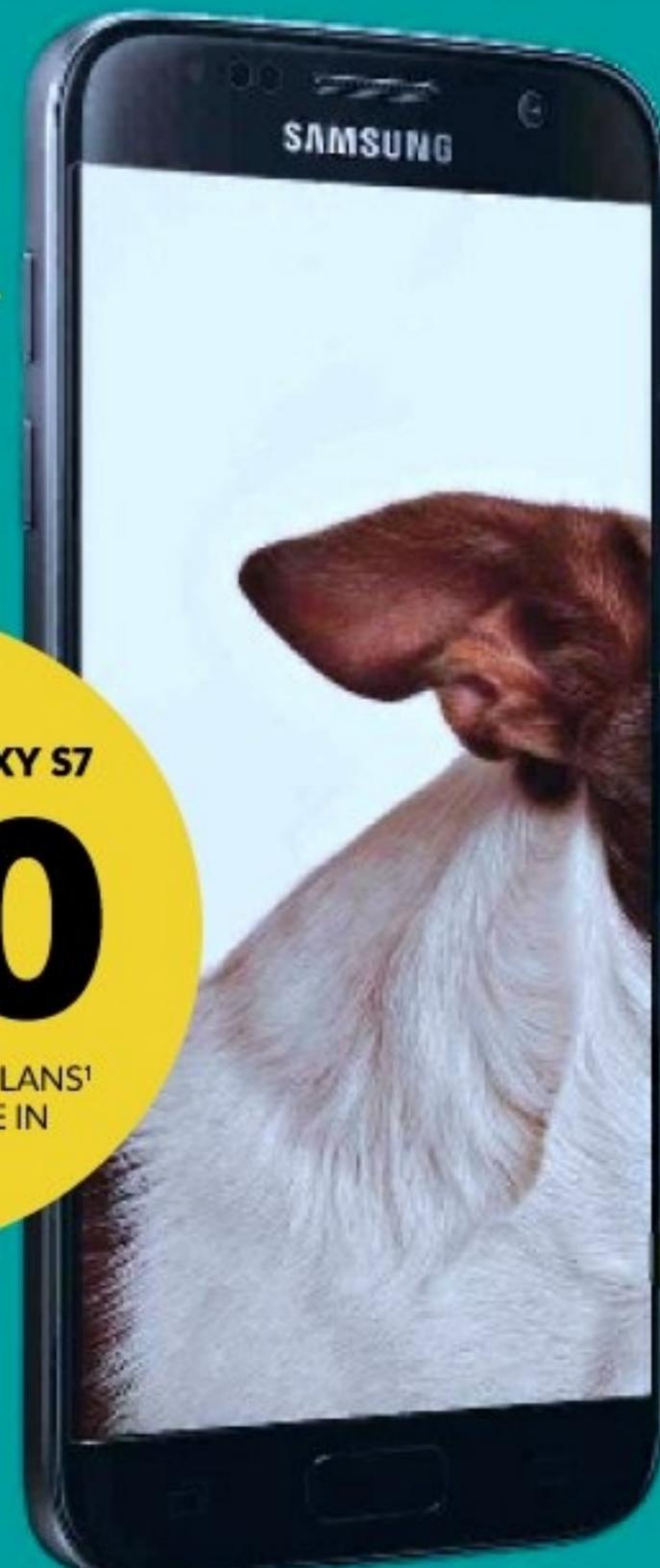
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WILDLIFE

Rancher wants to cut elk numbers

Jeff Lewandoski has a grudging admiration for his biggest enemy but equates the annual elk arrival at his sprawling ranch in southeastern Alberta to that of unwelcome relatives who show up unannounced.

"Every day and all summer long you can chase them away and they still come back," said Lewandoski with a laugh.

Lewandoski has 1,200 hectares and 200 head of cattle on his property at Jenner on the northern edge of Canadian Forces Base Suffield.

The elk were brought to the base in the 1990s after 1,200 wild horses were removed because it was believed they were damaging the grassland ecosystem. Since elk were native to the area it was thought they would keep the grass under control but would do less damage.

However, the initial herd of 200 elk exploded to more than 8,000 animals.

"The elk were kind of a novelty. It was kind of neat to see them when there was only four or five showing up but now, the last five years, we get anywhere from 25 to 100 in here everyday," Lewandoski said. "They're night grazers. They can just destroy our crops overnight, pretty much just like a lawnmower."

They also knock down fences and there are concerns the elk could spread tuberculosis and brucellosis to cattle.

The Alberta government began issuing hunting tags for the military base, beginning with 200 in 2012 all the way up to 2,100 last fall.

Lt.-Col. John Scott, the base commander, said 1,600 elk were killed last year at Suffield and an additional 300 were taken from surrounding wildlife management areas.

The number of elk at Suffield and the surrounding area is now pegged at about 5,400, but Scott said it needs to be lower.

An official with Alberta Environment and Parks said there's been a 35 per cent reduction in the herd since 2014.

THE CANADIAN PRESS



They can just destroy our crops overnight, pretty much just like a lawnmower.

Jeff Lewandoski

Target of hateful slurs won't stop speaking out

SOCIAL MEDIA

Video of angry drivers thrusts Mohamed into the spotlight



Tim Querengesser
Metro | Edmonton

Bashir Mohamed is just 21 but already fluent in how marginalization works in Edmonton.

Speak to him and he eloquently parses the various forces at play behind an incident Friday night that has put him, somewhat uncomfortably, into the media spotlight.

Mohamed, who was cycling Friday when he alleges an angry motorist called him a "N—er," caught a subsequent altercation at a stoplight with the same motorists on video.

Since posting that video to social media Friday, and then beginning to tell his story, Mohamed says Edmonton has split into two camps — with many supporting him and calling for such hate to be addressed, but with others creating fake accounts to tell him to drop his case or worse, to continue calling him a "n—er" (he's posted evidence of such messages on his Facebook page).

"If you talk to anyone from my background ... they'll tell you this happens all the time," Mohamed said.

But what has made this more frequent, and Mohamed more emboldened, is that he also rides a bicycle — itself a way to be marginalized in a city where, as he said, "the car is king."

"I started cycling five years



Bashir Mohamed says people urging him to 'drop' his concerns about racism have emboldened him to keep highlighting the issue.

TIM QUERENGESSER/METRO

ago and that's when this response happened," Mohamed said. "If you talk to any cyclist, they can tell you some form of hate or aggression has happened to them. However, in my case, I happen to also be black. So I think when people see my skin colour ... first I'm a cyclist and that incites rage, and then I guess they use my skin colour to think of these terms to use."

The last time he was called a "n—er" cycling in Edmonton? Three weeks ago.

Since Mohamed first told Edmonton police about the incident and shared the story publicly, he said he's been ap-

proached by several lawyers offering to work for free to pursue some sort of consequence for the people who allegedly yelled the slur at him.

"Initially, I just wanted an apology," Mohamed said. "But after the sheer number of people downplaying it ... I want to take it all the way."

Metro contacted Edmonton police Friday but as of Monday night have not received any communication back or details.

Police tweeted on the weekend they were aware of the incident and are investigating.

Mohamed was born in Kenya to Somali refugees, who were fleeing war there before seeking asylum in Canada, but has lived here since he was three and said Edmonton and Alberta are his home. He's now about to graduate from the University of Alberta and is an intern at the legislature.

Fittingly, he's using this inci-

dent as a way to assert his place in his home. "Many people are telling me, 'Just drop it, it's just a word.' I don't understand that. If I adopt that approach it becomes a normal thing, and I'm expected to carry on if this word is said to me," Mohamed said.

"That makes me frankly pissed off, mainly because according to those people, they say, 'Why don't those (Somali or black) people get involved in their community, why don't they go to school, why don't they get a job?'

"I've done all those things, but that doesn't matter to them."

PROGRESSIVE CONSERVATIVE LEADERSHIP RACE

Jason Kenney launches Unite Alberta Truck Tour

Former Conservative cabinet minister Jason Kenney is hitting the road to drum up support for uniting Alberta's divided right-of-centre parties.

Kenney, following his announcement in early July that he plans to leave federal politics and seek the provincial Progressive Conservative leadership, launched a Unite Alberta Truck Tour in Edmonton on Sunday. He said he plans to visit all 87 constituencies during the summer and fall, and even hopes to stay in people's homes.

"In my view, the only way

we can eliminate the risk of a second NDP government term is through uniting free-enterprise forces," Kenney told reporters Sunday as he stood in front of a blue pickup truck.

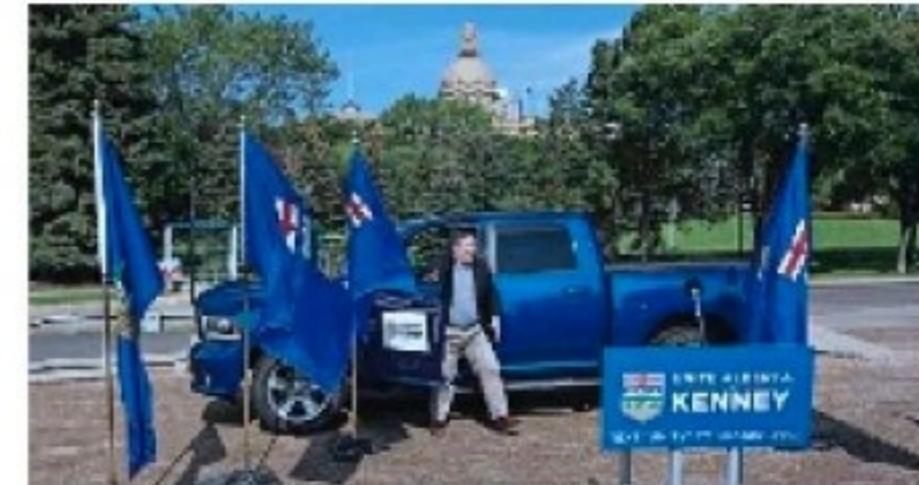
"I think it's possible that either the Wildrose or the Progressive Conservatives could win the next election alone. Unfortunately, if they're fighting each other, it's possible the NDP could."

Kenney said polling of both parties has shown that a majority of members want a "united free-enterprise party," and that

the resistance is from the leaders. "I want to be elected leader of the Progressive Conservative party with a clear mandate for unity," he said.

Kenney brushed off suggestions that a more fuel-efficient vehicle would be a more appropriate choice than a pickup truck for his pan-provincial trip. "I'm going to be getting all around Alberta all year, including the wintertime, so I figured my Dodge Ram would do the job better than a Prius," Kenney said.

THE CANADIAN PRESS



Conservative MP Jason Kenney arrives at a press conference as he begins the Unite Alberta Truck Tour in Edmonton Alta., on Monday. JASON FRANSON/THE CANADIAN PRESS



REAL ESTATE PHILADELPHIA ARCHITECT FINDS DREAM MANSION IN P.E.I. A Philadelphia architect's dream beachfront mansion in P.E.I. — 13,500 square feet, six bedrooms, with a whale- and seal-watching tower — has sold for \$4.7-million after almost eight years on the market. THE CANADIAN PRESS

Cloud computing strategy revealed

TECHNOLOGY

Feds' proposal will ensure encryption of sensitive info

A federal proposal for the use of cloud computing makes it clear that the most sensitive data the government keeps about Canadians won't be allowed to leave the country.

Only information the government deems "unclassified" — meaning it's unauthorized release carries little, if any, material or physical harm to the government or individual Canadians — will be allowed to cross the border, bound for cloud computing servers in other countries, under the government's newly released cloud computing strategy.

When data does leave the country, it must be encrypted, says the strategy that has been in development for more than a year.

Sensitive personal information

on Canadians like social insurance numbers and top secret government data will remain on cloud servers in the country so the federal government maintains "sovereign control over its data," the strategy says.

The government's central information technology department is already buying up cloud space capable of handling unclassified data, the document says. By this time next year, Shared Services Canada is expected to have bought more cloud space capable of handling more sensitive data, but not information deemed secret or top secret.

The strategy is the result of consultations that began more than two years ago and included more than 60 industry organizations.

The federal government has for years looked at expanding its use of cloud computing as part of an overall push to cut

down on the money it spends on its data centres and computer systems.

Rather than paying to build digital infrastructure like servers cloud computing lets governments, businesses and individuals rent digital space on systems owned by providers like Microsoft, Google and Amazon, among others.

The government will only pay for the cloud computing that it needs, the document says.

The strategy leaves it up to departments to decide what mix of cloud computing they use. That will allow federal departments and agencies to choose what

the document calls a "right cloud strategy" that includes use of secure public clouds that are available to the public and private sector, private clouds that would be available only to the federal government, and the government's existing systems.

THE CANADIAN PRESS

60

The strategy was born from consultations that began more than two years ago and consisted of 60 organizations.

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A new public health battleground

OBESITY RATES

Charity giants' new campaign takes on junk food industry

David P. Ball
Metro | Vancouver

They're calling junk food the "new tobacco" war.

Some of Canada's largest and most influential health charities — led by the Heart and Stroke Foundation and the Childhood Obesity Foundation — are girding for a battle they're comparing to their 1990s campaigns against the cigarette industry.

The new target: food marketing to children. The Stop Marketing to Kids Coalition has blossomed to more than 30 other organizations across Canada. And because of the risk unhealthy products could pretend to be healthy, they're pushing for a complete ban on all food and beverage advertising aimed at under-18s.

"We're seeing higher rates of hypertension, diabetes and high

cholesterol," explained Mark Collison, the Heart and Stroke Foundation BC & Yukon's director of government relations and health promotion. "We've even got kids with Type 2 adult-onset diabetes now getting the disease in their late teens."

"It's become really insidious. Ninety per cent of food marketed to children is high in sugar, salt and fat. Industry has no business, really, in the minds of kids."

The coalition's manifesto: the Ottawa Principles, a nine-point plan to stop marketing primarily targeted at children, to prevent advertising in schools and daycares, and create review and enforcement mechanisms to approve ads. They've proposed creating an exception for non-profit nutrition campaigns.

Though the coalition's endorsers have been in talks since 2014, the election of the federal Liberals sparked a push to formalize their campaign into a coalition in February.

In particular, Collison said the "catalyst" was Prime Minister Justin Trudeau instructing his appointed Minister of Health to introduce "new restrictions on the commercial marketing of unhealthy food and beverages

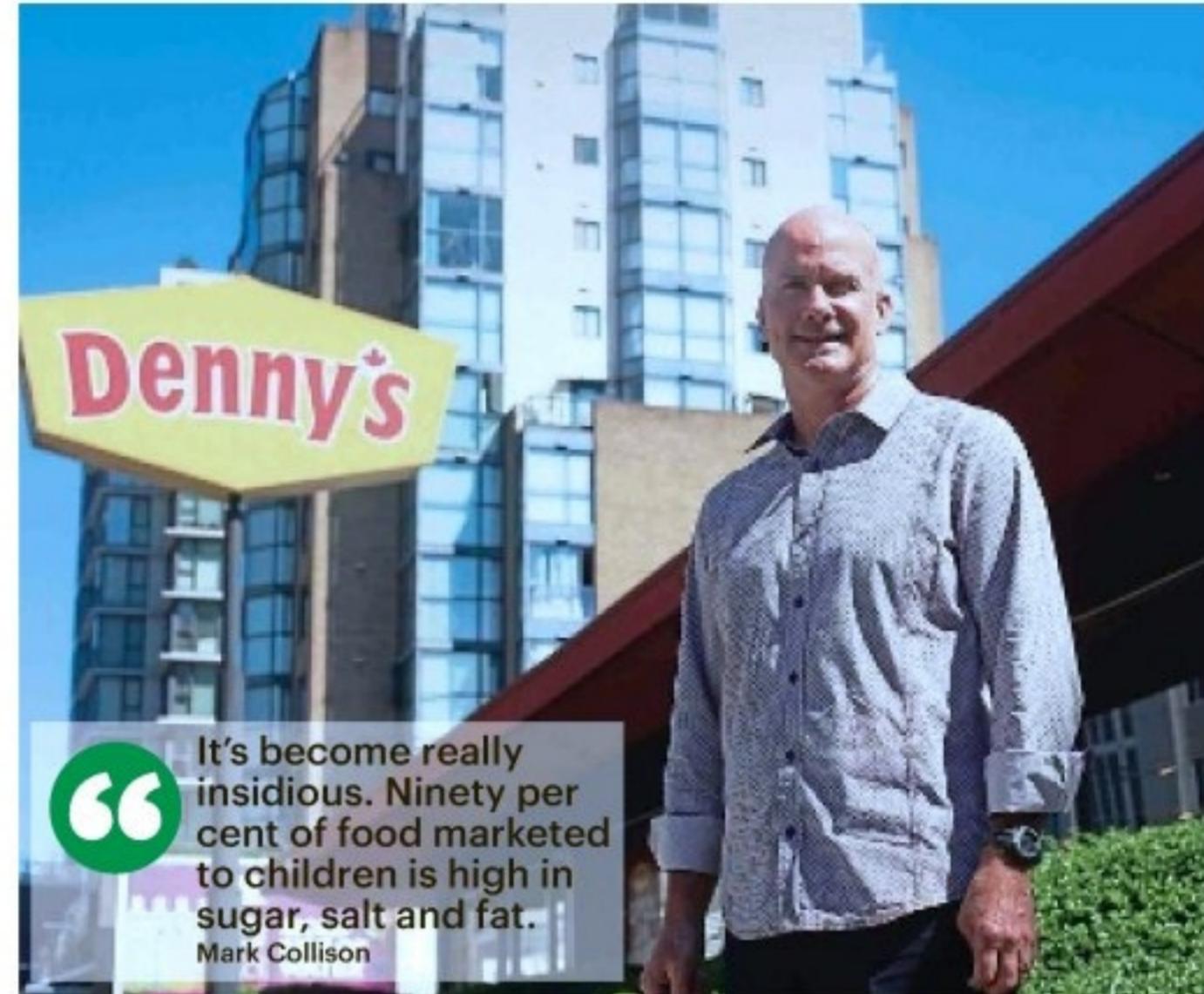
to children, similar to those now in place in Quebec," he wrote to Jane Philpott.

But the Childhood Obesity Foundation's Dr. Tom Warshawski told Metro that doesn't go far enough because restricting the advertising ban to "unhealthy food and beverages" would mire various product's health claims in bureaucracy — for instance, the high-sugar hazelnut chocolate spread used to advertise its health virtues. Even fast-food restaurants salads, which appear healthy, are high in calories.

Besides, he quipped, "We don't see carrots, cauliflower and broccoli being marketed. We're seeing processed foods, happiness in a can, junk food."

Collison brushed off fears of a "nanny state" choosing what parents can feed their kids. Advertising everything from Happy Meals to Disney-themed soda pops, the Heart and Stroke Foundation argued, has effectively "brainwashed" generations of youth who are psychologically vulnerable to marketing ploys.

"This isn't about a nanny state," he added. "We're not telling people what to do. We're telling industry what to do: Back off and let parents do their job."



It's become really insidious. Ninety per cent of food marketed to children is high in sugar, salt and fat.

Mark Collison

Mark Collison, with the Heart and Stroke Foundation BC & Yukon, stands by a Denny's restaurant near the charity's Vancouver office. Over his shoulder is an example of common marketing oriented to children, he said. DAVID P. BALL/METRO



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A 3.3-metre, 492 kilogram mako shark caught at the 2004 Yarmouth shark derby.

THE CANADIAN PRESS/HO-DEPARTMENT OF FISHERIES AND OCEANS, CANADIAN SHARK RESEARCH LAB

Shark derby baits anglers with thrill

TOURNAMENT

460 fishermen caught 49 deep sea predators in 2015

For most Canadians, sharks are objects of mystery and fear — unblinking, primeval monsters of the deep whose razor-sharp teeth are the stuff of nightmares.

In Nova Scotia, however, for a few weeks every summer they are objects of desire.

Unique in Canada, the province hosts annual shark derbies every August, in which hundreds of anglers pay for a chance to land one of the top predators of the sea.

These fishing tournaments have been closely monitored by the federal Fisheries Department since they started in 1993. Four are scheduled for the next two weekends: two in Cape Breton and two along the province's southwest shore.

"Just to feel it, even if it's a little one, you've got something there that's very powerful," said George Benham, president of the 25th annual Lockeport Sea Derby. "It can run for a minute or two and a time, and the line is flying off the reel. It's exhilarating."

Benham says the town's festival also offers prizes for those who catch the largest mackerel and groundfish, typically cod, pollock and haddock. But it's the big sharks that attract the most attention when fishermen haul them onto the wharf to be weighed and examined by federal scientists. Benham, a lobster

and cod fisherman, admits shark fishing can be dangerous. "If you catch one, and you start putting your hands and fingers around their mouth — well, that's not a smart thing to do," he says.

Virtually all of the sharks landed during the derbies will be blue sharks, the most abundant type of shark off Nova Scotia and southeastern Newfoundland.

Any blue sharks under eight feet long must be released back into the ocean, according to federal rules introduced in 2006.

Benham says the largest blue shark he's seen was about 12-feet long and probably weighed about 400 pounds.

But there are even bigger sharks to be had, though they are rarely caught.

“ You've got a live creature that can be pretty big and powerful with sharp teeth. You treat them with respect. **George Benham**

In 2004, a massive 1,085-pound shortfin mako shark was landed in Yarmouth, N.S., where it was hauled away with a forklift, its gaping jaws showing rows of hooked teeth.

The shark derby is Louisbourg, N.S., is called "Mako My Day!"

Thresher sharks are sometimes caught, as are porbeagle sharks. But the endangered porbeagles must be released.

Other species, including the notorious great white, frequent Nova Scotian waters. But most of these fish prefer warmer, deeper waters, putting them off-limits to most recreational anglers.

Benham says some visitors have expressed their disdain for the shark derby, a non-profit

venture that depends on volunteers and donations. He says it's important to note that relatively few sharks are landed, and the federal Fisheries Department relies on the derbies for scientific research.

Last year, 460 participating fishermen caught 49 sharks in total at Lockeport, Riverport, Louisbourg and Petit-de-Grat, according to statistics compiled by the department, which maintains ownership of the carcasses.

Fishing boat captains who take part in the derbies are told to keep detailed records of their catches and to place tracking tags on the sharks that are released.

There is no commercial shark fishery in Atlantic Canada, but there are 307 recreational li-

cences for fishing boats that offer catch-and-release voyages — most of them in Nova Scotia.

The Canadian wing of Humane Society International, an animal welfare group, says shark derbies are "cruel and problematic." But spokesman Gabriel Wildgen says the group is more concerned about the practice of shark finning — slicing off a shark's fins and discarding the fish into the sea, often still alive but unable to swim.

"We are working to achieve better international protections for sharks under ... international trade mechanisms, and so we aren't focusing on derbies at the moment," Wildgen said in an email.

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SASKATCHEWAN

Short-term water lines flow, winter looming

Now that water is starting to flow through temporary lines to Saskatchewan communities affected by an oil pipeline spill, planners are beginning to shift more attention on what to do in case their river remains contaminated when winter approaches.

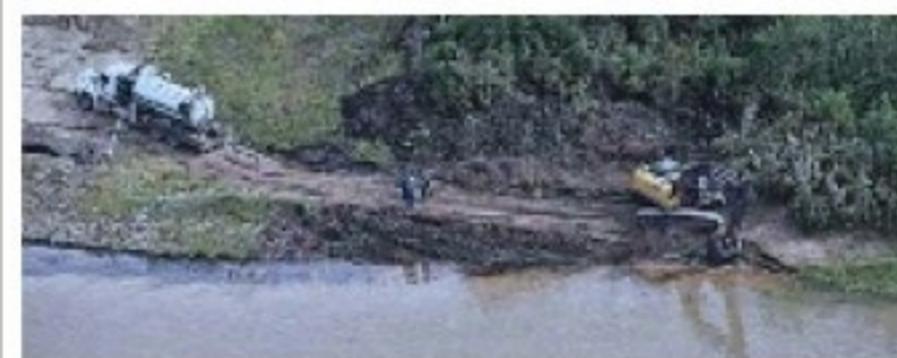
Prince Albert city manager Jim Toye said one of the options that's being discussed is to return to drawing water from the North Saskatchewan River and treating it for hydrocarbons.

"That's our major plan right now. We do understand that it doesn't matter what we're doing here, we have about 95 days before it starts to get really cold in Saskatchewan, that we can't be

above ground with what's providing our safe, potable water," Toye said on Sunday.

The city of about 35,000 shut its intakes on the North Saskatchewan shortly after a Husky Energy pipeline spilled up to 250,000 litres of oil mixed with a lighter hydrocarbon called a diluent into the river near Maidstone almost two weeks ago. Since then, it has been relying on stored water in reservoirs as well as from a storm retention pond to supply its treatment plant while it constructed two temporary, above-ground lines along highways to other rivers in the region.

THE CANADIAN PRESS



Crews clean up an oil spill on the North Saskatchewan river near Maidstone, Sask. on July 22. Husky Energy said between 200,000 and 250,000 litres of crude oil leaked into the river on Thursday from its pipeline. JASON FRANSON/THE CANADIAN PRESS

IN BRIEF

Quebec politician Sylvie Roy dies of hepatitis

A Quebec provincial politician who died suddenly Sunday succumbed to acute hepatitis, one of her political aides said Monday.

The cause of Sylvie Roy's death was confirmed by Eric Vachon, a close confidant of Roy's.

Roy, an independent member of the Quebec legislature, passed away at L'Enfant-Jesus Hospital in Quebec City, surrounded by friends and family. She was 51. Her office said Roy had been hospitalized since late June with "serious discomfort" and her condition deteriorated rapidly. The exact cause of the illness — which attacks the liver — remains a mystery.

Roy was remembered Monday as one of the first and strongest voices in favour of a public inquiry into corruption in Quebec's construction industry.

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 NORTHLANDS

Pilot flew despite record

TEXAS

Man in fatal balloon crash was convicted of drunk driving

The pilot of a hot air balloon that crashed in Texas, killing 16 people, was able to keep flying despite having at least four convictions for drunken driving in Missouri and twice spending time in prison.

Whether the pilot's drinking habits had anything to do with the crash was unclear. A former girlfriend described Alfred "Skip" Nichols as a recovering alcoholic. She said he had been sober for at least four years and never piloted a balloon after drinking.

Nichols, who had been stripped of his driver's licence at least twice, "couldn't drive a car but he could pilot a hot air balloon," said an attorney who represented a passenger who sued Nichols in 2013. The passenger said she was hurt when Nichols crash-landed a balloon in the St. Louis suburbs.



A crew hoists a bag holding the remains of the hot air balloon. DEBORAH CANNON/AUSTIN AMERICAN-STATESMAN VIA THE ASSOCIATED PRESS

Had he been a commercial airplane pilot, Nichols probably would have been grounded long ago.

The Federal Aviation Admin-

istration might allow a recovering alcoholic to fly commercial jets if the pilot could show that he or she was being successfully treated, said John Gadzinski, an

airline captain and aviation safety consultant. But the agency is unlikely to accept an airline pilot with convictions for driving under the influence, he said.

The 49-year-old Nichols also had a long history of customer complaints against his balloon-ride companies in Missouri and Illinois dating back to 1997. Customers reported to the Better Business Bureau that their rides would get cancelled at the last minute and their fees never refunded.

When pilots apply for a ballooning certificate with the FAA, they are not required to disclose any prior drunken-driving convictions, only drug convictions, said Patrick Cannon, a spokesman for the Balloon Federation of America trade group, who called that a loophole in the law. He noted that the ballooning certificate specifically says not to include alcohol offences involving a motor vehicle, as those are covered on the FAA's medical application.

However, unlike other pilots, balloon pilots do not have to get regular medical exams from FAA-certified examiners. They are only required to write a statement certifying that they have "no medical defect" that would limit their ability to pilot a balloon.

THE ASSOCIATED PRESS

FLORIDA

Miami gets Zika warning

Government health officials warned pregnant women Monday to avoid a Zika-stricken part of Miami and told couples who have been there recently to put off having children for at least two months, after the number of people feared infected through mosquito bites in the U.S. climbed to 14.

In its highly unusual and perhaps unprecedented travel warning, the Centers for Disease Control and Prevention also said expectant mothers should get tested for the virus if they have visited the neighbourhood since mid-June.

All 14 cases are thought to have occurred in Miami's Wynwood arts district, a trendy, fast-gentrifying neighbourhood of warehouses, art galleries, restaurants and boutiques.

Gov. Rick Scott asked for a CDC emergency response team to help Florida combat Zika, which has been sweeping Latin America and the Caribbean in recent months and now may be gaining a long-dreaded foothold in the U.S. The White House said a team will be sent quickly.



If you're pregnant or think you might be pregnant, avoid travel to Miami.

Tropical medicine expert

Dr. Peter Hotez

Health officials last Friday announced that mosquitoes have apparently started spreading Zika on the U.S. mainland, citing four cases they strongly believe were caused by bites. Ten more cases were announced Monday, even though Florida authorities have yet to find any mosquitoes actually carrying the virus.

CDC officials said they could not remember another time in the 70-year history of the disease-fighting agency when it told members of the public not to travel someplace in the U.S.

Zika infections in pregnant women can cause severe brain-related birth defects, including extremely small skulls. The global outbreak has led to more than 1,800 serious defects.

The virus can linger in the blood and urine for weeks, and has been found in sperm for months. As a result, the CDC said men and women who have recently been in the affected area should wait at least eight weeks before trying to conceive a child. And men who have had symptoms of Zika should wait at least six months. THE ASSOCIATED PRESS

A large advertisement for Teamsters 987. It features a photograph of a man, a woman, and a child walking in a park. The man is pushing a stroller. The text "TEAMSTERS 987" is prominently displayed in the center, with "the UNION that works for you." below it. The bottom of the ad has a red banner with "LEARN MORE AT TEAMSTERS987.COM". The Teamsters Canada logo is in the top left corner.

TAIWAN

President apologizes to aborigines

Taiwan's president on Monday apologized on behalf of the government to the island's aboriginal peoples for 400 years of conquest and colonization, saying the facing of difficult historical facts was necessary for society to move forward.

Tsai Ing-wen said her government wished to "take a further step" and offer its "fullest apology."

"If we wish to declare ourselves as a country of one people, we need to face these historical facts. We have to face the truth. Most importantly, the government must truly reflect on itself and that is why I'm standing here to



Tsai Ing-wen
day." Tsai said at a ceremony at the presidential office building in the capital, Taipei. THE ASSOCIATED PRESS

IN BRIEF

Five dead after Russian chopper shot down in Syria

Rebels in Syria shot down a Russian combat helicopter on Monday amid fierce fighting around Aleppo, killing all five people on board in the deadliest single incident for the Russian military since it became embroiled in Syria's civil war 10 months ago.

The Mi-8 helicopter was shot down in Idlib province while returning to Hemeimeem air base on Syria's coast after delivering humanitarian goods to Aleppo, the Russian Defence Ministry said. It said all three crewmembers and two military officers on board died.

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Khizr Khan, and his wife Ghazala — parents of Humayun S. M. Khan, killed while serving in Iraq with the U.S. Army — at the Democratic National Convention last week. THE ASSOCIATED PRESS

Attacks on Khan family draw ire

U.S. ELECTION

Republicans, vets distance themselves from Trump

Angry and anxious, Republican lawmakers and veterans groups hastened to disavow Donald Trump's repeated criticism of a bereaved military family Monday, but the GOP presidential nominee refused to back down. He complained anew that he had been "viciously attacked" by the parents of a Muslim U.S. Army captain who was killed in Iraq.

Arizona Sen. John McCain, a former prisoner of war, led the charge, saying Trump did not have "unfettered license to defame those who are the best among us." The Veterans of Foreign Wars, the nation's oldest and largest veterans organization, called Trump out of bounds for tangling with Khizr and Ghazala Khan, whose son was killed in 2004.

"Election year or not, the VFW will not tolerate anyone berating a Gold Star family member for exercising his or her right of speech or expression," VFW leader Brian Duffy said.

A growing chorus of GOP

lawmakers chastised Trump for sparring with the Khans, who appeared at the Democratic convention on behalf of Hillary Clinton. But like McCain, none revoked his support of the GOP nominee in the White House campaign.

In an emotional appearance at last week's convention, Khizr Khan criticized Trump for proposing to temporarily freeze

I don't want to say anything to him.

Ghazala Khan on Trump's comments

the entry of foreign Muslims into the U.S. and accused him of making no sacrifices for his country. The billionaire businessman challenged that assertion and also implied Ghazala Khan's religion prevented her from speaking. In an interview with ABC's *This Week*, he said: "She had nothing to say. She probably, maybe she wasn't allowed to have anything to say."

Asked Monday on MSNBC if Trump should apologize, Ghazala Khan said, "I don't want to hear anything from him and I don't want to say anything to him."

THE ASSOCIATED PRESS

The election could be 'rigged': Trump

Republican presidential nominee Donald Trump suggested Monday that he fears the general election "is going to be rigged" — an unprecedented assertion by a modern presidential candidate.

Trump's extraordinary claim — one he did not back up with any immediate evidence — would, if it became more than just an offhand comment, seem to threaten the tradition of peacefully contested elections and challenge the very essence

of a fair democratic process.

"I'm afraid the election is going to be rigged, I have to be honest," the Republican nominee told a town hall crowd in Columbus, Ohio.

Trump made the claim after first suggesting that the Democrats had fixed their primary system so Hillary Clinton could defeat Bernie Sanders. Trump has previously backed up that thought by pointing to hacked emails from the national party that appeared to indicate a pref-

erence for Clinton. Still, the former Secretary of State received 3.7 million more votes than Sanders nationwide and had established a clear lead in delegates by March 1.

The celebrity businessman — who has been known to dabble in conspiracy theories, including claims that President Barack Obama was not born in the United States and, more recently, that Sen. Ted Cruz's father was an associate of President John F. Kennedy's assassin —

also claimed that the Republican nomination would have been stolen from him had he not won by significant margins.

He then asserted that November's general election may not be on the up-and-up.

Requests to Trump's campaign for additional explanation were not returned.

The statement could be an effort by Trump to lay the groundwork of an excuse if he goes on to lose the general election.

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Members of forces loyal to Libya's unity government take part in the military operations against Daesh in Dafra neighborhood in the center of Sirte, 450 kilometres east of Tripoli.

MEDIA CENTRE OF THE GNA FORCES MILITARY OPERATION AGAINST IS IN SIRTE/HANDOUT/AFP/GETTY IMAGES

U.S. strikes Daesh from sky in Libya

COALITION

Action follows worries about group's rising threat to Europe

The United States launched multiple airstrikes against Daesh militants in Libya on Monday, opening a new, more persistent front against the group at the request of the United Nations-backed government, Libyan and U.S. officials said.

Fayez Serraj, the head of Libya's UN-brokered presidency council, said in a televised statement that American warplanes attacked the Daesh bastion of Sirte on the Mediterranean in northern Libya. No U.S. ground forces will be deployed, he said.

The precision strikes, which targeted a Daesh tank and vehicles, come amid growing concerns about the group's increased threat to Europe and its ability to inspire attacks across

the region, even though its numbers have been shrinking because of attacks from local forces and allied international troops.

The presidency council, as the general army commander, has made a request for direct U.S. support to carry out specific airstrikes," Serraj said. "The first strikes started today in positions in Sirte, causing major casualties."

The strikes mark the start of a more intense American role in the fight against IS in Libya, as the U.S. steps in to assist the fragile, UN-backed government. They were the first strikes by the U.S. on the group in Libya since February, and they are expected to continue. But officials said they expect the air campaign will last weeks, not months.

Obama's authorization for

action in Sirte covers strikes,

THE ASSOCIATED PRESS

6,000

U.S. officials earlier this year estimated there were as many as 6,000 Daesh insurgents in Libya.

intelligence and surveillance, but not ground operations, according to a White House official, who wasn't authorized to speak publicly about the strikes and requested anonymity.

Serraj said his government is joining the coalition against Daesh, adding, "This is the time for the international community to live up to its promises to the Libyan people."

He also noted that the strikes will not go beyond Sirte and its surroundings. He said any other foreign intervention is not allowed without co-ordination.

His warning comes after several French commandos were killed fighting Daesh militants.

U.S., French, British and Italian special operations forces and military experts have been assisting Libyan troops fighting Daesh militants in eastern and western Libya.

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Obama's authorization for

action in Sirte covers strikes,

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CRACKDOWN

Turkey seeks support from its EU and United States allies

Turkey summoned a German diplomat Monday over a court decision that prevented President Recep Tayyip Erdogan from addressing a demonstration in Germany, while the top U.S. military official visited Ankara as Turkey navigated through increasingly strained relations with key allies.

The government has expressed growing annoyance over what it sees as a lack of support from its allies in the European Union over its response to the failed July 15 coup, saying it expected solidarity rather than criticism for the widespread crackdown on those suspected of links to the coup plotters.

The attempted coup left 271 people dead in a night of violence when renegade sections of the military used tanks, fighter jets and helicopters to try to overthrow the government.

Erdogan has accused the United States of harbouring

Muslim cleric Fethullah Gulen, who lives in self-imposed exile in Pennsylvania and who the president says masterminded the coup. Ankara has demanded Gulen's extradition, but Washington is asking for evidence of the cleric's involvement and says the extradition process must be allowed to run its course.

Gulen was once an Erdogan ally until ties soured several

years ago. In a sign of efforts to shore up relations, the chairman of the U.S. Joint Chiefs of Staff, Gen. Joseph Dunford, visited Turkey and met with its Turkish counterpart Gen. Hulusi Akar, who was briefly held captive by the rebels during the coup, as well as with Prime Minister Binali Yildirim.

At the end of the meetings, U.S. joint staff spokesman Capt. Greg Hicks said Dunford would "deliver messages condemning in the strongest terms the recent coup attempt."

Meanwhile, the foreign ministry summoned Germany's charge d'affaires in Ankara to discuss a German court decision that prevented Erdogan from addressing via video link a Sunday rally in the German city of Cologne. THE ASSOCIATED PRESS

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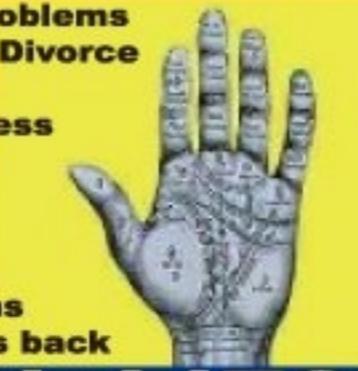
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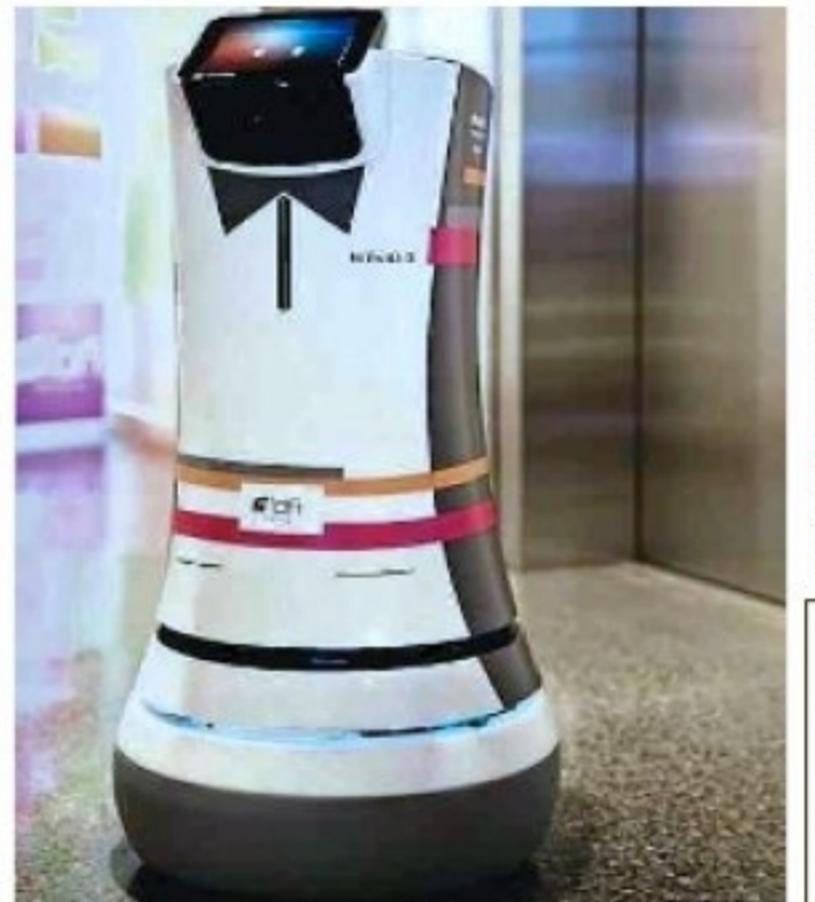


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Meet the Botlr — a robot being rolled out at Aloft hotels in the U.S. If you need extra towels or a toothpaste, send the request from your smartphone and the Botlr will be right up. CONTRIBUTED

Customer service gets a tech upgrade

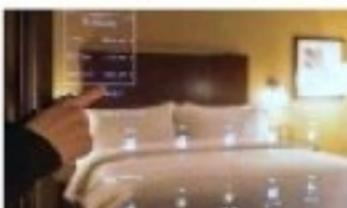
in the guest's room.

Robot concierge: Hotels are using robots to do some repetitive tasks, such as fetching extra towels or pillows. The Hilton chain has Connie, while at Starwood, there's the Botlr, which executives say frees up staff to help guest with other more important tasks.

Mirror, mirror, where's my news?

Some hotels are testing

ways to deliver information such as weather and news headlines, including on a mirror



Four Points Sheraton hotels is testing a smart mirror offering news, sports scores and the weather forecast. CONTRIBUTED

Light my way: Even though a hotel room is familiar, in many ways it can be unfamiliar. When guests are staying in an unfamiliar setting, it can be easy to trip on the way to the bathroom at night or stub a toe on a dresser.

Plug and play:

With travellers arriving with multiple devices, often loaded with favourite shows or movies, hotels are making sure they can be played on the room's TV. Marriott has partnered with Netflix so users can hook up their accounts. TORSTAR NEWS SERVICE

5GB of Snappuccino.



Embracing the future

TOURISM

Smartphone apps to enable keyless entry to hotel rooms

The last thing weary travellers want to do is wait in line for their hotel room key.

That's what hotel chains believe, and thanks to technology, they have already begun to offer entry via smartphone.

In the hotel room of the future

technology will simplify things. There will be one less plastic card to lose and technology will anticipate your needs, switching on lights or dispatching a robot to deliver extra towels or pillows.

Keyless entry is available at the Aloft Hotel in Vaughan, Ont., where people can check in using the Starwood app, get a notification when their room is ready, and be sent their room number without talking to anyone.

"It's very easy to lose your key, but you never lose your phone," said Matt Rattray, general manager of the hotel, next to the Vaughan Mills shopping mall. "Guests like to bypass the front desk."

On a recent visit, Rattray found three guests had used the keyless entry program by early after-

noon, though they must have stayed previously at that hotel at least once to bypass the front desk entirely.

And don't think about using it as a way to sneak around for secret trysts, because only one guest can use their smartphone at a time.

Rattray says the Aloft hotel focuses on technology, ensuring a 100 megabits per second speed for its Wi-Fi, which is available throughout the hotel — along with plenty of outlets where users can charge devices at tables in the lobby.

That reflects a growing desire for the third place — not your home, not your office, but another space to work. Call it the Starbucks effect.

The Starwood chain has the Botlr — a robot that can deliver items to guests. But it can't knock, so it's programmed to call a room on arrival so the guest can retrieve their item.

The idea behind the robot is to get rid of customer pain points such as waiting in line to ask an employee a question.

"If you can offload the 10 most frequently asked questions to a front desk person, you're freeing that person up to check people in faster, anticipate guest needs and react to requests faster," said Jim Holthouser, executive vice-president for global brands at Hilton. TORSTAR NEWS SERVICE

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Business | metro NEWS

Drivers of driverless cars still liable

TECHNOLOGY

Report comes as feds look into regulation

Until Canadians own cars that truly drive themselves, they can forget getting off the legal hook if they're in an accident with a vehicle that still has a steering wheel, suggests a report from Canada's biggest law firm.

Under Canada's common-law legal system, driving in semi-autonomous mode isn't much different than operating a vehicle with cruise control, says the brief issued by Borden Ladner Gervais.

"As long as a driver with some ability to assume or resume control of the vehicle is present, there would seem to be a continuing basis for driver negligence and liability as they presently exist," said the report entitled Autonomous Vehicles, Revolutionizing Our World, published this week on the firm's website.

The report comes as the federal government contemplates developing regulations for automated vehicles. Ottawa set aside \$7.3 million over two years in the spring budget to improve motor vehicle safety, with part of that money earmarked for developing new rules for self-driving cars.

But until fully autonomous vehicles hit the consumer market, there's not much need to enact new laws, says BLG partner and report author Kevin LaRoche.

"With regards to driver liability, common law, coupled with the current legislation, may be sufficient to address liability involving all levels of autonomous vehicles, short of fully autonomous vehicles which do not require any level of human control," LaRoche wrote.

FIRST NATIONS

Feds' approval of Site C draws criticism

First Nations and environmental groups say they're outraged after the federal government quietly issued permits last week allowing a controversial hydroelectric project in northeastern British Columbia to ramp up construction.

On Friday, the Department of Fisheries and Oceans cleared the way for the province's power utility to move forward with the Site C dam.

The multibillion-dollar project would create an 83-kilometre reservoir, flooding farm land along with hunting and fishing territory of First Nations.

"For fully autonomous vehicles, it would seem that legislative amendments would be required to clarify whether the owner would be vicariously liable and under what circumstances."

Several jurisdictions have allowed testing of fully autonomous cars, buses and trucks. Ontario launched a program in January — under specific restrictions — to let

auto manufacturers and high-tech companies try out their driverless inventions on the province's roadways. None of the carmakers had applied for a testing permit under the program as of early July.

But with semi-autonomous vehicles — such as the Tesla Model S — already being sold to consumers, few jurisdictions have yet put legislative parentheses around where,

when and how to drive them.

Ontario uses the SAE Standard to define categories of self-driveability on a scale from zero to five, with zero representing no automation features and five being full automation.

Category three vehicles are those considered to operate with conditional automation that requires a driver to pay attention to the road and take



The interior of a driverless car THE CANADIAN PRESS FILE

over control if the vehicle encounters a problem that can't be handled fully by automated systems.

Category four vehicles would still have a human "driver," but wouldn't necessarily need the human to take over the controls in a pinch.

Germany's federal transport ministry said recently it was working on a draft law to govern SAE level three and four cars.

The National Highway Traffic Safety Administration in the United States is working on new guidelines, but currently regulates autonomous vehicles under a slightly different system that was adopted in 2013.

Regardless of which scale is used, unless the car has no steering wheel, the driver will always face potential liability in an accident, with the scope depending on the circumstances of the mishap, said BLG partner Robert Love.

"There's always going to be, we believe, that element of saying, 'Did the driver act appropriately, prudently, in the circumstances of either engaging or disengaging whatever feature it happens to be?'" said Love.

It will be up to Canadian judges to decide, however, who is ultimately responsible for causing an accident in Canada — and that could also include the carmaker, he said.

THE CANADIAN PRESS

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Protesters gather at Vanier Park on July 9. THE CANADIAN PRESS

IN BRIEF

Tesla to buy SolarCity

Tesla wants to put its car and energy storage businesses under one solar-powered roof.

Tesla said Monday it will buy solar panel maker SolarCity Corp. in an all-stock deal worth \$2.6 billion. The deal must still be approved by the government and shareholders at both companies. It's expected to close in the fourth quarter if it goes through.

Thirteen-year-old Tesla currently makes two luxury vehicles — the Model S

sedan and Model X SUV — as well as Powerwall and Powerpack energy storage units for homes and businesses.

The company said Monday that a tie-up with SolarCity would create a one-stop shop for cleaner energy. With one service call, customers could get their solar panels installed and connected to a Powerwall, which preserves energy for later use. Users could also get the system hooked up to chargers for one of Tesla's vehicles.

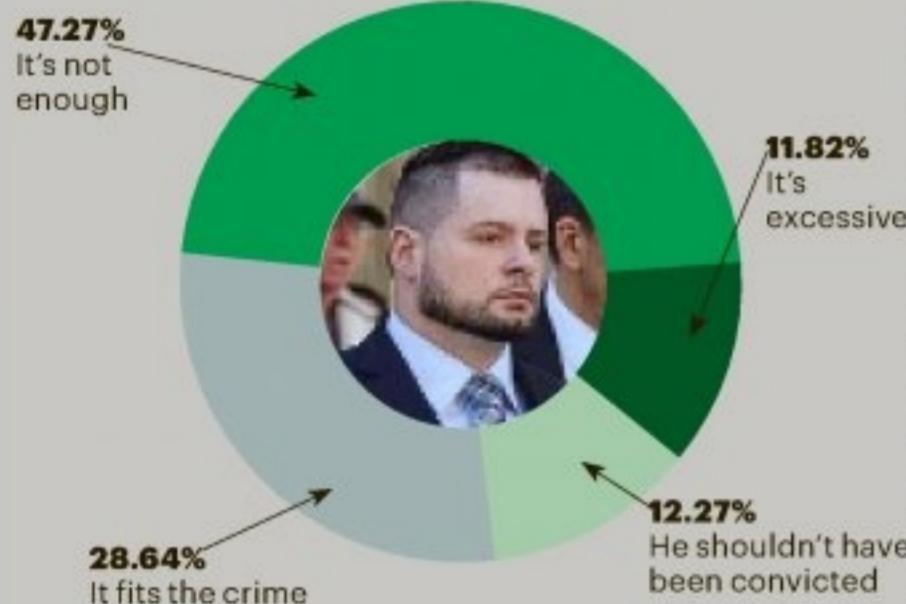
THE ASSOCIATED PRESS

METRO POLL

Was James Forcillo sentenced fairly?

In January, Toronto police constable James Forcillo was convicted of attempted murder for shooting Sammy Yatim, 18, on a streetcar. Last week, Forcillo was sentenced to six years in prison. The judge said that six of the nine shots fired by Forcillo were "unnecessary and unreasonable and excessive." Forcillo's lawyers have said that he is the only police officer in Canada to be convicted and sentenced for attempted murder. We asked for your take.

1 What's your opinion of Toronto police constable James Forcillo's six-year sentence?



WE ASKED Metro readers

Sammy was being held captive in the streetcar. None of the 9 shots needed to be fired.

8-10 years would have been more just, and perhaps stood as some sort of deterrent in the future.

Police should be tried like everybody else.

When the people who we entrust to uphold the law break it. The consequences should be greater. The sentence was not enough.

He was just doing his job, he is not a criminal.

The gun can't be the answer to every confrontation ... Officers need better training.

If you truly read the details and reasoning behind the sentencing with an open mind, the decision/sentence is well thought out.

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HAVE YOUR SAY



ROSEMARY WESTWOOD

Couples preparing for each other's death: The final compromise

If, like me, you're in your 30s, you might also have reached the stage in life when your parents plan their funerals.

It's a reasonable enough conversation. Cultural and religious norms that were once automatic have been usurped by personal preferences; we've undergone a democratization of death. But an underlying tension remains: Do we mark death for the dead or for the living?

"Once you have died, it's about the people who've been left behind," my mum told my dad. They were in the kitchen, and she'd just returned from a Catholic funeral-info session, covering what personal details a priest might need for the service and keeping the eulogies short and sweet.

Mum, the religious one, had come away with an interesting idea: She would be planning her own funeral, yes, but also my non-religious dad's.

You'll have a church service said in your name, she told him. For her sake.

"I will?"

"You can't just die and be put in our compost bin," she said.

What about being cremated in the barbecue "until I fit in an urn," he countered playfully.

"You'll be sorry one day," she warned. But she agreed there should be a party: "We'll get drinks, a couple of frozen lasagnas and some Caesar salad."

"Oh thanks, big spender!" "It'll be a wake — lots of

drinking going on. Where it is and how it works out, we'll have to see about that," she said.

"I have got to get busy on this one," said dad.

Neither has any need for a cemetery plot, they said, which is just as well. Those are becoming elusive, and pricey: Toronto might be out of death space in 10 or 15 years, and Vancouver's plots were going for \$25,000 last year.

Mum redoubled: Not a full funeral for dad, but a mass held in his name at the Catholic church where she's a scripture reader, a gardening volunteer and the new head of an environmental group.

"I could still say what readings we do and what songs we sing," she told him.

"You can say, or I can say?!" Dad asked. Then, to me, with a grin: "When mum goes to bed, she still goes to her bed. I can see this is going to be an interesting process."

Listening to them, it occurred to me that this was probably the most logical way for a couple to think about death. That is, collaboratively. Since they've spent their lives compromising and caring for one another's needs, why not carry that right on into funerals? Thus: No surprises, no disappointments, and perhaps even the extra comfort that the very last act in your life as a couple, you did together.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

Bike City USA offers a vision of what Edmonton could be

URBAN PARADIS

Danielle Paradis



Hello from Portland! I'm on vacation in an urbanists paradise this week.

At the PDX airport, people stop to take pictures of their feet on an ugly but beloved carpet, and there are bikes everywhere. Head to the baggage rack and you will find signs for a "bike assembly area" for those who bring their bike to experience the city.

Of course there's a bike assembly area: I'm in Bike City, USA.

Edmonton is nowhere close to claiming the title of Bike City, Canada. This week, Bashir Mohamed spoke with Metro about the harassment and racism he faces as a cyclist. On Friday he shared a video of an altercation where

he was called the N-word. If you haven't yet read about it, it's horrifying.

Thankfully, the response from the city has been hopeful. On Twitter, Mayor Don Iveson was reaching out to Mohamed, calling what happened to him unacceptable.

It is more difficult to imagine that happening in a place like Portland where whole streets are lined with Black Lives Matter signs.

The sad truth is that in Edmonton, treating cyclists badly has become acceptable. In a car-centered culture, cyclists and pedestrians are not given equal access to public roadways. As a cyclist himself, Iveson has lamented this as much as anyone, but he's only one vote on city council.

But places like Portland offer a vision of what Edmonton could be.

Now, I know that like a new lover, I'm looking at Portland through rose-tinted

glasses. Things are not perfect. There have been three fatalities of cyclists this year.

Still, there's dedication to making things better here. For me, the most striking thing about the airport was the bike lock-up area. The network of bike paths was completed in 2005. It includes a secure and fully enclosed space to keep your bike while you're off travelling.

And, people here are proud that it is easy for pedestrians and cyclists to get around the city. "We have a walkability score of 98," my Airbnb host boasted, referring to the site walkscore.com that rates accessibility for running errands and commuting on foot, by bike, or transit.

When I looked it up, the score was actually 65 for Portland overall, but the neighbourhood of North Mississippi Avenue where I was staying was 88. The Bike-ability score was 98.

Compare that to Edmonton with a walkability score of 51 (which puts us in seventh place), and no rating at all for biking.

Small things make a difference. The Portland police now swap cable locks for more secure U-locks to help cyclists. From what I have seen, drivers and cyclists respect one another on the road.

Edmonton will probably never have a bike network to the airport. Climate, and geography, can be impediments to a bike-friendly place. We don't have to be Portland. Still, there's so much opportunity to bring Edmonton into the 21st century. If the city starts small with bike lanes, bike racks, and boulevards I think we'd be surprised at the difference.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

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Economy, debt, gun control

AMERICA VOTES

Twin activists offer insight into millennial politics

Genna Buck
Metro Canada

They couldn't be less like the stereotype. Far from being shiftless, lazy millennials, Jack and David Cahn, at just 20, have organized student movements, travelled across the United States as champion debaters and embarked on engineering studies at the University of Pennsylvania.

And now, in time for the 2016 U.S. presidential election, they've penned *When Millennials Rule: The Reshaping of America*.

It's a comprehensive look at the hopes, dreams and political leanings of the 80-million-strong cohort born between 1980 and 2000, who will come to dominate American public life in the near future.

David Cahn sat down with Metro. The following is edited and condensed for clarity.

We've had a couple of nutty weeks in American politics. From the millennials' eye-view, what struck you from each of the conventions?

The most impactful moment of both conventions was President Obama's speech. Millennials elected him. They were disappointed in him for the first few years, but he will be remembered by history as a president millennials support and love, and they'll compare future presidents to him.



In their new book *When Millennials Rule*, David, left, and Jack Cahn write that millennials are realists not ideologues. CONTRIBUTED

I saw Donald Trump's speech (at the Republican National Convention). This is my personal reaction — I'm not speaking for millennials now — this was his "I'm a fascist" speech. It was almost out of a history textbook.

You read about how these leaders came to power by preying on people's fears. I mean, verbatim, that's what he said. He said "You are in danger."

Talk about the core millennial values you've identified — optimism, authenticity and tolerance. Why these three?

We travelled around the

country talking to millennials. We went through a lot of research reports and surveys, and these are always in the top five. First, authenticity: I mean look at their votes for Ron Paul (in 2012) and Bernie Sanders. People are really searching for authenticity.

As for optimism, just look at Obama's message. Even though two-thirds of millennials are living paycheque to paycheque, 80 per cent think they're going to be better off than their parents.

It doesn't get more optimistic than that. And tolerance for diversity: American public schools today

are majority minority. We have a much different perspective on immigrants and on (minority) groups, because we've been integrated with them.

You write that millennials are realists, not ideologues. But this is an incredibly ideological election. The Bernie or Bust crowd are the opposite of realists.

I disagree with that. Millennials did not support Bernie Sanders because of his ideology. They want change. And (Sanders) talks about the issues that matter to young people. He's the one talking about Black

Lives Matter. He's the one talking about college debt. He is a pragmatic, non-ideological choice.

Who's going to win millennials in November?

I'm very confident Clinton will win a broad mandate with millennial voters — if they show up to the polls.

How can she make that happen?

She has to make a positive case for herself. Millennials will just sit out this election if they feel it's a choice between the lesser of two evils. She needs to talk about the issues that matter to millennials, to

everybody. That's the difference between pandering and being authentic.

What are those issues?
The economy, student debt, and gun control.

Gun control, really?
Yeah, surprisingly. According to the justice department, one in five millennials has seen a shooting. That's a terrifying number. These are the people feeling the impact (of gun violence) the hardest.

Millennials, you write, have contempt for politicians. Where's that coming from?

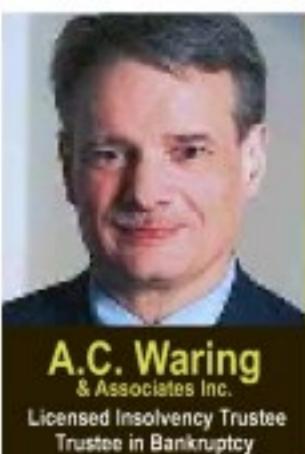
Millennials have had maximal exposure to just how broken the political system is.

In 2000, the first millennial election, the Supreme Court chooses the president. In 2008, we elect a president who is supposed to change everything, but in 2012, millennials still don't have jobs, and Mitt Romney says 47 per cent of the country is moochers. And 2016 we have Trump and Clinton. It seems like it gets worse every time.

You are both engineering students, but you wrote this political book. Are you pivoting toward a life in politics? Even a run for office?

This book highlights just how differently millennials think about public policy.

If they think about making change, they think about apps, and about the Internet and entrepreneurship, not about running for office. I can make a bigger impact there than I could in politics.



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MONEY MATTERS

Many things can influence impulse buys, so beware

Gail Vaz-Oxlade
For Metro Canada

Whenever I have a big purchase to make, I imagine buying it or place the item in a "shopping cart" online, then sleep on it for a few days.

I find that if I load up the cart in my brain and then sleep on it, I can decide with fresh eyes how much I really want what I've put in my cart, and whether I'm happy with the price.

Heaps of things can influence your desire to impulse shop. According to research, most impulse purchases are made because the item is on sale. Yup, just the idea that you may be getting a bargain is enough to make you dig into your wallet. Thing is, if you're responding on impulse, how can you possibly know if you are getting a good deal? And if you're responding to a percentage off, what does that mean in real dollars saved versus the very real dollars spent?

FENTANYL CRISIS

Fest crowd funds drug-checking tool

For the past 14 years, organizers of a giant electronic music festival on a British Columbia mountain ranch have quietly helped participants test their recreational drugs to find out what substances are inside.

Shambhala organizers will also hand out 4,000 pamphlets warning about the deadly drug fentanyl to those attending the festival that starts Wednesday.

But what they really want to increase safety is a miniature mobile mass spectrometer.

Unable to secure government funding for the sophisticated drug-testing machine, which could cost up to \$250,000 or more, organizers have launched an online crowd funding campaign hoping to make the purchase by next year. The machine can detect many ingredients in one substance.

The campaign comes amid the declaration of a public health emergency over a surge of opioid overdose deaths in the province, many of them related to fentanyl.

Premier Christy Clark announced last week that a task force had been created to scale up the response. One of its stated goals is to improve street drug checking.

But Shambhala organizers say they can't wait. "We have to move very quickly if we're going to stop any more deaths from

It's not just the numbers or words on the sale sign that will grab your attention. Colour can draw you in and keep you focused. Strong contrasts, like black and yellow, are key. In fact, bright yellow has been proven to be the most visible colour, and when we see black and yellow together, we have an instinctive reaction — an ancient collective memory — that keeps us paying attention.

Even our means of transportation can impact our impulse purchase. Not surprising really. We might be willing to fork over money and lighten our wallets, we're far less willing to carry our stuff. That's why shoppers who arrive by car instead of on foot are 44 per cent more likely to make an unplanned purchase.

Emotions play a huge role in our desire to impulse buy. If we're angry, stressed, guilty or bored, we're more likely to impulse purchase. No doubt that's why instead of buying useful or necessary stuff, impulse shoppers buy things that put them in a better mood.

That old adage "don't go shopping on an empty stomach" doesn't just apply to grocery shopping.

Psychologists at the National University of Singapore had participants shop in a room with an unscented candle or in a room with a cookie-scented candle.



Strong contrasts like black and yellow cause our attention to perk up. iSTOCK

The women exposed to the yummy smelling candle made more unplanned purchases. In fact 50 per cent more women made purchases in the cookie room even though both groups were told that they had a tight budget. Stimulating the appetite causes people to crave immediate gratification, even if the actions

aren't in their best interest.

If you scratch the itch in the store, it's an impulse buy. When you realize you need something and then set out to get it, that's purposeful shopping. If you recognize the need away from the temptation to shop, it's what psychologists call "problem recognition" and you're much more

likely to shop smart.

That's where sleeping on it comes into play. If you walk away from the idea of the buy, giving your brain enough time to weigh the actual benefits (what said purchase will do for you) against the actual costs (money and missed future opportunities), you're moving from impulse

shopping to problem recognition (and satisfaction). The next time you think you want to, need to, have to buy something, go home and sleep on it.

For more money advice, visit Gail's website at gailvazoxlade.com

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WHY I LIKE MY JOB

Kaitlin Norton, 23, Owner of The White Orchid Spa in Spencerville, Ont.

After graduating from the esthetician program at Algonquin College, I encountered a mixed bag of experiences while pursuing a career in the spa industry. It took about three years before I realized how much happier I'd be launching my own shop, so I decided to branch out on my own.

My previous jobs helped me build a loyal base of clients — many of which have followed me to my in-home location, which provides a variety of services including pedicures, manicures, facials and waxing. I've always wanted to run my own company, and now I'm eager to someday expand operations in a public space. In the meantime, working out of my own home is amazing! There are no rent costs and I am able to keep expenses down to a minimum.

When it came to naming my business, I did some research and discovered the white orchid is a symbol of beauty, luxury, strength and power. I instantly connected with this and decided to name my spa accordingly. I love my job because I get to connect personally with my clients and build relationships with them. I'm always happy to see repeat customers; they make my job feel fun and easy, which makes me feel confident I chose the right profession.



THE BASICS: Spa Owner/Manager

\$40,547

Median annual salary for a new spa owner/manager. However, salary levels vary depending on the size of the spa, and those with more experience and education can earn over **\$60,000** per year.

+11%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by payscale.com, jobbank.gc.ca, algonquincollege.com and onetonline.org.

HOW TO START

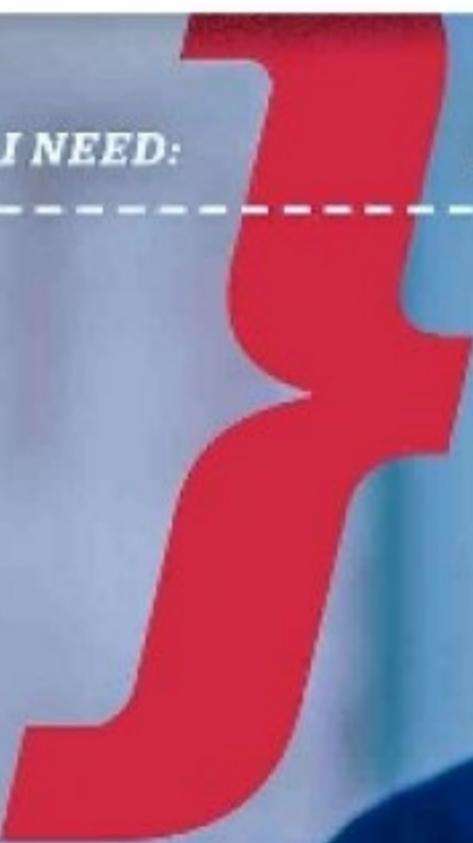
There is no formal educational requirement to own or manage a spa; however, most professionals tend to have a post-secondary credential in hospitality, business or spa management. Certification as a massage therapist, cosmetologist or esthetician may also help. College spa management programs provide students with the fundamentals of financial management, HR, ethics and regulations, marketing and customer relations.

WHERE YOU CAN GO

The spa and wellness sector is undergoing significant growth in response to increasing rates of stress, celebratory event and, in some cases, human vanity. Spa owners and managers run their businesses in various settings including hotels, resorts, cruise ships, health clubs and mineral springs. Others may choose to set up shop in their own homes, which may require obtaining specific licences and permits from the various levels of government.

NEXT CAREER STEP

Competing in this industry requires knowledge of current trends in beauty care, hospitality service and alternative therapies. Additionally, frontline managers aiming to expand their service offerings may look into in-spa therapeutic treatments such as acupuncture, aromatherapy and skin laser technologies.

I NEED:  **PROGRAMS WITH GREAT CAREER POTENTIAL.**

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HEALTH AND WELLNESS

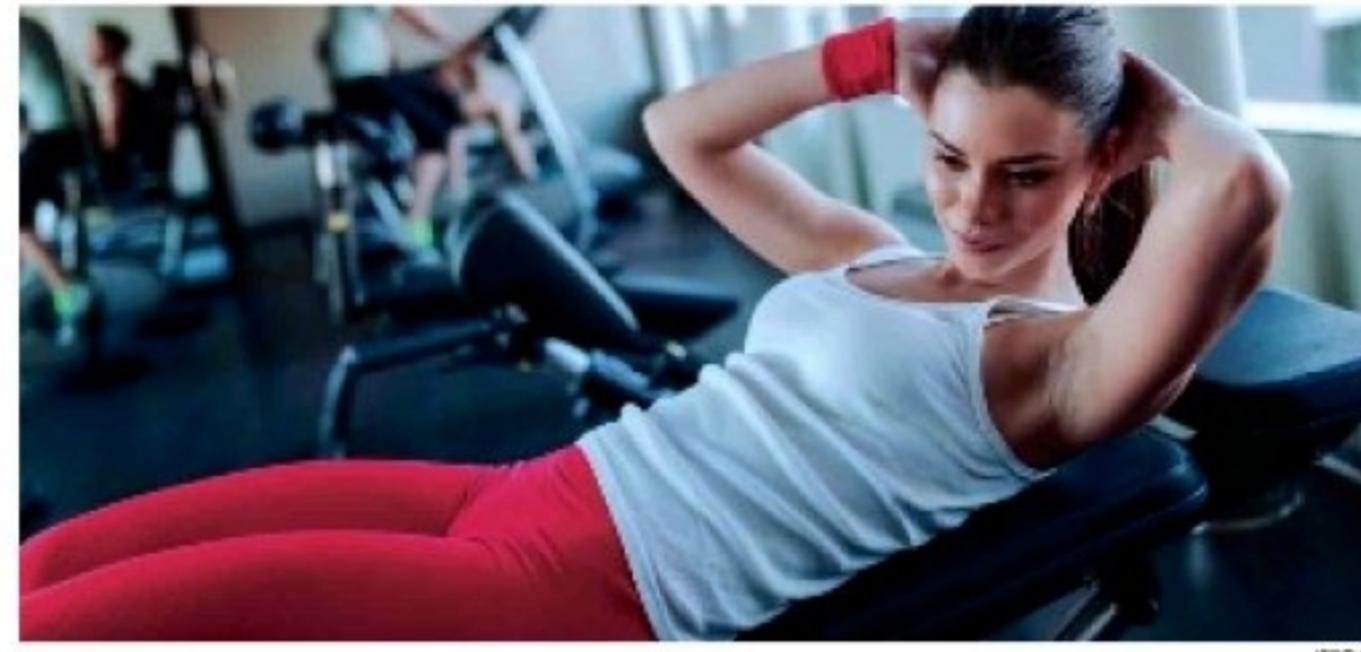
Tips to help digestive health

Digestive health is essential to your overall well-being. Poor digestion can affect your energy, mood, and concentration, as well as compromise your immune function.

Regular exercise, as well as maintaining a healthy weight and diet, are just some of the ways to nurture a healthy gut.

However, proper food choice is important as certain foods can cause discomfort like bloating, gas, or constipation. Fortunately, foods can also be a weapon for improving your digestive system.

"The truth is, many people don't have to



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suffer from digestive issues if they're willing to make the right adjustments and adhere to them," says Jessica Tong, a registered dietitian based in Vancouver. "With some simple tweaks to your lifestyle and diet, you can be on the way to a healthier gut in no time." Try these top tips for improved digestive health that can finally relieve you of your gut pain and get you back to enjoying life.

Eat nutrient-dense foods

Avoid empty calories. Pick food that is high in vitamins, antioxidants and minerals. Keep in mind that not all healthy foods are created equal — many essential nutrients can only be found in particular foods.

For example, kiwifruit is the only food with actinidin, a natural digestive enzyme which improves digestive comfort by increasing the

breakdown of proteins, including those found in meat, milk, legumes and cereal.

Keep a routine

Variety is the spice of life, except when it comes to your gut. Try to eat at roughly the same time every day so that you can train your body to know what to expect when it comes to digestion.

Get enough sleep

Your digestive organs are replenished and restored as you sleep. Catching some z's is also important for maintaining hormonal balance, which affects digestion. Aim for 7 to 8 hours of good, restful sleep every night.

Know your triggers

Food intolerances and sensitivities are often some of the biggest culprits when it comes to digestive health issues. Eliminate certain foods for three to four weeks, then slowly reintroduce them and monitor your symptoms for possible reactions. This will help you to know your triggers and to make any necessary dietary adjustments.

GIMBEL AT THE FOREFRONT OF LASER EYE SURGERY

There are some exciting new changes on the horizon for Gimbel Eye Centre Edmonton, which is continually raising the bar when it comes to the laser eye surgery industry.

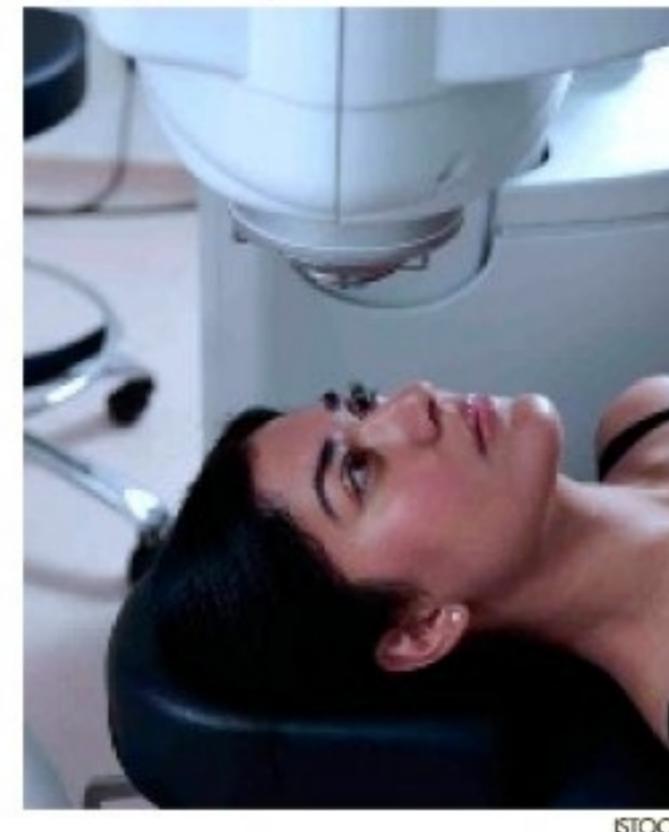
"Dr. Daniel Senekal is taking over the centre as owner and medical director and brings decades of experience in cataract, glaucoma and refractive surgery. He will continue the tradition of Gimbel being at the forefront of Refractive laser eye surgery," says Gregg Becker, Chief Operating Officer.

As well, Dr. Kulbir Gill will be joining the practice.

"Dr. Gill will be offering Comprehensive Ophthalmology and Glaucoma care, further expanding the services provided by Gimbel Edmonton and we are excited to have both on board."

Beginning in July, Gimbel Edmonton will offer the latest and next generation in Refractive laser surgery — the SMILE (Small Incision Lenticule Extraction) procedure, which treats myopic/nearsighted patients, and those with astigmatism.

"SMILE is well known globally, with over 1,000 surgeons successfully treating over 500,000 patients in over 60 countries, but it is relatively new to Canada. The procedure is an alternative to PRK and Lasik, and offers advantages such as being flapless, less



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invasive with a much smaller incision, and minimal dry eye effects, which allows almost immediate resumption of physical activity," says Senekal. "It is ideal for people with active lifestyles, work that might result in accidental impact to the eye (police or fire services), or those who play contact sports."

Gimbel will continue to also offer PRK, Lasik and ICL implants for patients for whom these procedures are optimal.

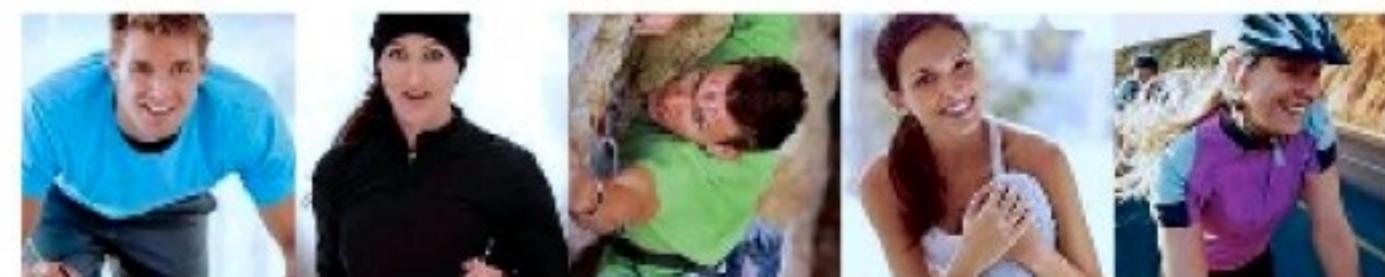


THE GIMBEL DIFFERENCE

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FIND COMFORT AND RELIEF FOR DRY SKIN

Everyone loves soft skin but we also know how hard it can be to achieve that silky feeling naturally.

Fortunately, there are a variety of naturally nourishing moisturizers by NOW Solutions that offers comfort and relief for dry skin, according to Simply Health franchiser Azim Velji.

"There are several different natural products offered by NOW Solutions that can help with dry skin but the health benefits reach far beyond your skin," he says.

Velji says one such product that not only smooths and nourishes the skin but diminishes wrinkles is Hyaluronic Acid Firming Serum.

"As the years escape us, so too does our ability to regenerate this fluid-binding compound."

Velji says there are also five types of oils that are perfect for your skin:

1) 100% Pure Sweet Almond Oil: This is a natural oil that's perfect for nourishing and

reviving any skin type. Easily absorbed, this oil won't clog pores while promoting clear, soft, healthy skin.

2) 100% Pure Jojoba Oil: Derived from the seed of the jojoba shrub, this is one of the most popular cosmetic oils available today and is ideal for all skin and hair types.

3) 100% Pure Castor Oil: This oil is virtually odorless and tasteless and is considered by many to be one the finest natural skin emollients available today.

4) 100% Pure Grape Seed Oil: Its rich, silky texture is perfect for soothing away dryness and is suitable for all skin types since it won't clog pores or cause break-outs.

5) 100% Pure Coconut Oil: This oil is rich in skin-friendly saturated fats, and perfect for use on all complexions. This unique oil goes on smooth to leave skin feeling silky and refreshed.

Velji says Now Solutions' Essential Oils are another key component to mind, body and health through aromatherapy.



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- Suitable For All Skin Types



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- Easily Absorbed and Won't Clog Pores



Castor Oil

- 100% Pure Castor Oil
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- Lock In Moisture and Provides Natural Protection



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MealsOnWheelsEdmonton.org



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JOIN THE FLEET OF MEALS ON WHEELS

It's been said that 'alone we can do so little; together we can do so much' and that's why Edmonton Meals on Wheels is reaching out for more volunteers.

The organization relies on volunteers to prepare, package and deliver hundreds of meals daily for its hot and frozen meal and grocery shopping programs, according to fund development and communications coordinator Ashleigh Pardy.

"This includes Kitchen Helpers, Delivery Drivers, and Grocery Shoppers. The highest need is for Delivery Drivers though, who deliver nutritionally balanced meals and a friendly visit to clients throughout the city," she says.

But delivery drivers deliver more than just food as the clients are often thrilled to have visitors stop by.

"The Volunteer Delivery Drivers are often a client's only connection to the outside world. This makes the friendly visits all the more important, as they perform informal 'wellness checks' and update us on the client's wellbeing."

These visits help the clients feel safer and more confident in their home, allowing them to age in place where they are familiar

with a higher quality of life. When asked, 84 per cent of the organization's clients reported that services like Meals on Wheels helped them stay in their own home longer and feel safer.

Edmonton Meals on Wheels is a non-profit organization that provides nutritious, homemade meals and related services to Edmonton's elderly, disabled and homebound populations. The organization's main mission is to improve and maintain the health, wellness and independence of its clients.

"Without Meals on Wheels I'd have to move to a nursing home or I'd starve to death," said one client, and many of Meals on Wheels clients echo the same statement.

Delivery Driver volunteer applicants should be compassionate individuals with access to a properly-insured vehicle, a valid driver's license, have the ability to carry up to 20 pounds and will be subject to a Police Security Check.

The drivers are needed Monday to Friday between 10:30 a.m. and 1:00 p.m. For more information about how you can help, visit mealsonwheelsedmonton.org or call 780-429-2020.

THE PHYSICAL TOLL OF A NEW BABY AT HOME

Having a new baby at home is an exciting time but it's no secret that can also be stressful and challenging in many ways.

Most new parents probably expect long days, sleepless nights and mental exhaustion but often unexpectedly the physical toll having a new baby at home can wreak havoc to your body, according to Edmonton-area chiropractor Dr. Brian Gushaty, who has some tips for new parents when it comes to preventing injuries at home with a newborn.

"The most common problem area for new parents is the lower back. Babies may look light, but the constant bending over and picking up can cause problems. However, there are ways to prevent and treat the pain associated with these new stresses," Gushaty says.

Firstly, there is a right way and a wrong way to carry your baby — and it's best to learn the right way before you injure yourself.

"New parents know that everybody has a different opinion when it comes to carrying your baby around but the general consensus

among experts is to hold your baby as close to the center of your body and as high as possible. The closer the baby is to your center, the less pressure on your back."

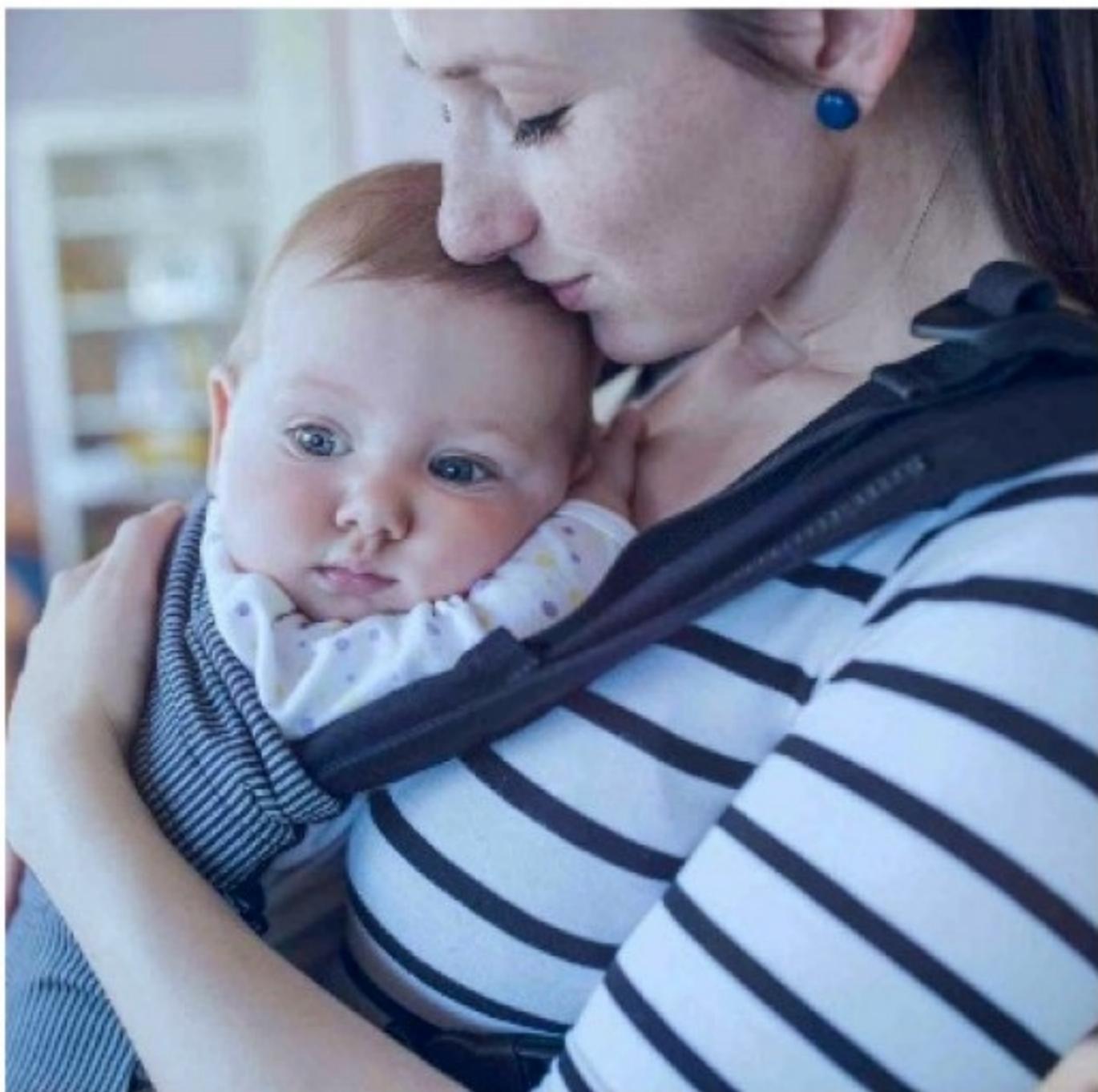
He also recommends wearing a baby carrier to help take the burden away from your back. Choosing the right one for your body is important.

"Many popular baby carriers have strapping systems meant to evenly distribute weight, which eases the fatigue and repetitive strain felt on your back," Gushaty says.

Of course, the threat of injury doesn't stop when your baby learns to walk and sometimes a chiropractor might be the right answer for your aches and pains, he adds.

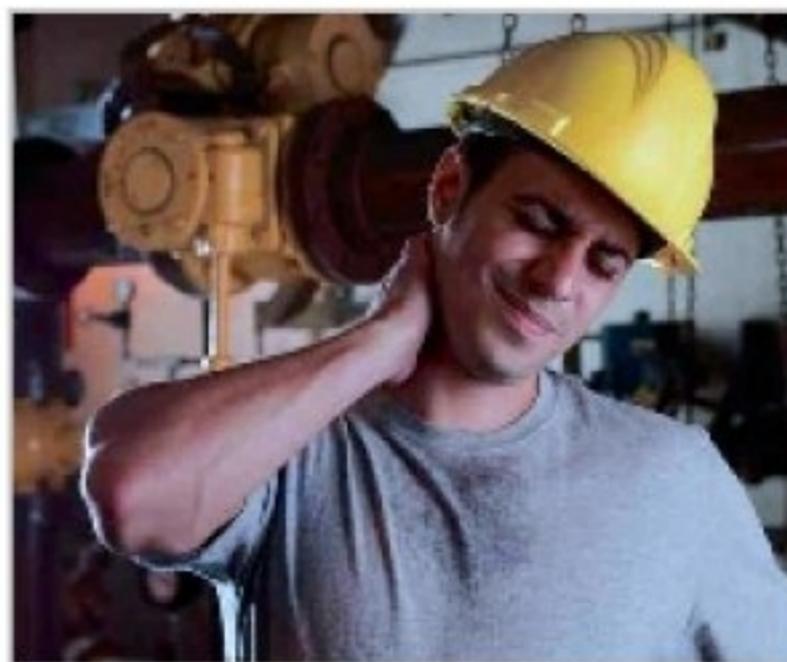
"Your chiropractor will assess your spine and if they find any misalignments, a simple adjustment will ease the discomfort and allow the spine to relax. This will ensure your back is ready for the added stress."

To find out more information or to search for a chiropractor in your area, please visit albertachiro.com.



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www.albertachiro.com

A Boston Public Schools initiative will allow students to sign up for wake-up calls from David Ortiz designed to help inspire kids to get out of bed

Something's in the water

ROAD TO RIO Contaminated coastline

'Don't put your head under,' expert warns

Just days ahead of the Olympic Games the waterways of Rio de Janeiro are as filthy as ever, contaminated with raw human sewage teeming with dangerous viruses and bacteria, according to a 16-month-long study commissioned by The Associated Press.

Not only are some 1,400 athletes at risk of getting violently ill in water competitions, but the AP's tests indicate that tourists also face potentially serious health risks on the golden beaches of Ipanema and Copacabana.

The AP's survey of the aquatic Olympic and Paralympic venues has revealed consistent and dangerously high levels of viruses from the pollution that has set off alarm bells among sailors, rowers and open-water swimmers.

The first results of the study published over a year ago showed viral levels at up to 1.7 million times what would be considered worrisome in North America or Europe. At those concentrations, swimmers and athletes who ingest just three teaspoons of water are almost certain to be infected with viruses that can cause stomach and respiratory illnesses and more rarely heart and brain inflammation — although whether they fall ill depends on factors like the strength of one's immune system.

Since the AP released the in-



Beach goers swim at Copacabana Beach on Sunday in Rio de Janeiro. RYAN PIERSE/GETTY IMAGES

itial results last July, athletes have been taking elaborate precautions to prevent illnesses that could potentially knock them out of the competition, including taking preventative antibiotics, bleaching oars and donning plastic suits and gloves in a bid to limit contact with the water.

But antibiotics combat bacterial infections, not viruses. And the AP investigation found that infectious adenovirus readings — tested with cell cultures and verified with molecular biology protocols — turned up at nearly 90 per cent of the test sites over 16 months of testing.

"That's a very, very, very high percentage," said Dr. Valerie Harwood, Chair of the Department of Integrative Biology at the Uni-

248M
The most contaminated point is the Rodrigo de Freitas Lagoon (rowing). In June, adenovirus readings were still a hair-raising 248 million adenoviruses per litre. In California, viral readings in the thousands per litre set off alarm bells.

versity of South Florida. "Seeing that level of human pathogenic virus is pretty much unheard of in surface waters in the U.S. You would never, ever see these levels because we treat our waste water. You just would not see this."

Testing at several of the city's

world-famous beaches has shown that in addition to persistently high viral loads, the beaches often have levels of bacterial markers for sewage pollution that would be cause for concern abroad — and sometimes even exceed Rio state's lax water safety standards.

In light of the AP's findings, Harwood had one piece of advice for the 300,000-500,000 foreigners expected to descend on Rio for the Olympics: "Don't put your head under water."

Swimmers who cannot heed that advice stand to ingest water through their mouths and noses and therefore risk "getting violently ill," she said.

Despite a project aimed at preventing raw sewage from flowing

directly into the Gloria Marina through storm drains, the waters remain just as contaminated. The first sampling there, in March, 2015, showed over 26 million adenoviruses per litre; this June, over 37 million adenoviruses per litre were detected.

The local organizing committee has previously said bacterial testing conducted by Rio state authorities has shown the aquatic venues to be within state guidelines.

The crux of the issue lies in the different types of testing used to determine the health and safety of recreational waters.

Bacterial tests measure levels of coliforms — different types of bacteria that tend not to cause illnesses themselves but are indicators of the presence of other, potentially harmful sewage-borne pathogens such as other bacteria, viruses and protozoa that can cause cholera, dysentery, hepatitis A and typhoid, among other diseases. Bacterial tests are the worldwide standard because they're cheap and easy.

But there's a growing consensus that they're not ideal for all climates, as bacteria break down quickly in tropical weather and salty marine waters. In contrast, viruses have been shown to survive for weeks, months or even years — meaning that in tropical Rio low bacterial markers can be completely out of step with high virus levels.

The testing also revealed alarming spikes in fecal coliform levels — the very measure the state government uses to determine the safety of Rio's recreational waters. THE ASSOCIATED PRESS

IN BRIEF

Hesjedal to retire after '16
Canadian cyclist Ryder Hesjedal confirmed on Monday that he will retire at the end of the 2016 season.



Ryder Hesjedal
GETTY IMAGES

The 35-year-old Victoria native won the 2012 Giro d'Italia won stages in the Vuelta a Espana (2009, 2014), earned a second place in the Amstel Gold Race (2010), and fifth overall in the Tour de France (2010).

He began as a professional in mountain biking in 1999 before switching full-time to the road with US Postal in 2004. THE CANADIAN PRESS

Blue Jackets take chance on former Oiler Gagner

The Columbus Blue Jackets have signed forward Sam Gagner to a \$650,000, one-year deal.

Agent Jeff Jackson confirmed the terms of the contract, which Gagner signed exactly a month into NHL free agency.

Gagner is a low-risk, high-reward signing for Columbus after his previous contract was worth \$4.8 million a year. He's 26 and has 124 goals and 228 assists in 615 games.

THE ASSOCIATED PRESS

TRADE DEADLINE HIGHLIGHTS

METS GET Jay Bruce (OF)
REDS GET Dilson Herrera (IF)
Max Wotell (LHP)

GIANTS GET Matt Moore (LHP)
RAYS GET Lucius Fox (SS)
Michael Santos (RHP)

RANGERS GET Carlos Beltran (OF)
YANKEES GET Dillon Tate (RHP)
Nick Green (RHP)
Erik Swanson (RHP)

RANGERS GET Jonathan Lucroy (C)
Jeremy Jeffress (RHP)
BREWERS GET Lewis Brinson (OF)
Luis Ortiz (RHP)

DODGERS GET Rich Hill (LHP)
Josh Reddick (OF)
A'S GET Jharel Cotton (RHP)
Grant Holmes (RHP)

ORIOLES GET Steve Pearce (IF/OF)
RAYS GET Jonah Heim (C)
THE ASSOCIATED PRESS

MLB

Jays' Sanchez to 'pen after Liriano deal

The addition of veteran pitcher Francisco Liriano assures that all-star Aaron Sanchez will be heading to the Blue Jays bullpen.

The 32-year-old Liriano was acquired by Toronto in a trade with the Pittsburgh Pirates on Monday in exchange for right-hander Drew Hutchison.

The Jays were already discussing moving the 24-year-old Sanchez out of his starting role. General manager Ross Atkins says that acquiring Liriano makes the move a guarantee.

"A big part of Aaron is we feel like with transitioning him to a

relief role will be the best thing for us being in a Game 7 of the World Series," Atkins said. "We're still working through the timing but this (trade) allows us to do that."

"The best chance for us to win a World Series is if Aaron Sanchez is part of the team, and we felt like the best odds of him being part of the team was at some point some transition to the bullpen. With that in

mind, we now have the option to do that."

Toronto also got two prospects in the deal, catcher Reese McGuire and outfielder Harold Ramirez.

Liriano has a 6-11 record this season in 21 starts with a 5.46 earned-run average and 116 strikeouts. The best season of Liriano's 11-year career came in 2013 with the Pirates, while he was an all-star at 22 with Minnesota in 2006. Atkins believes that Liriano's experience outweighs this season's numbers.

Liriano had a 16-8 record with

a 3.02 ERA and 162 strikeouts in 2013 with Jays catcher Russell Martin as his primary backstop.

In other deals on Monday, Toronto acquired right-handed pitcher Scott Feldman from the Houston Astros in exchange for pitching prospect Gaudalope Chavez. The Blue Jays also got righty Mike Bolsinger from the Los Angeles Dodgers for reliever Jesse Chavez and cash considerations.

THE CANADIAN PRESS



Francisco Liriano
GETTY IMAGES

Go to [metronews.ca](#) for coverage of Monday's Jays-Astros game in Houston.



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Aaron Rodgers laughs with fans on Sunday in Green Bay, Wis. MATT LUDTKE/THE ASSOCIATED PRESS

Rodgers excited to see Favre honoured

NFL

One-time QB rivals all good ahead of HOF ceremony

Dom Capers. But Favre's induction especially means a lot to Packers fans. He was voted in on the first ballot.



Brett Favre
GETTY IMAGES

Aaron Rodgers is looking forward to watching Brett Favre's induction ceremony into the Pro Football Hall of Fame in Canton, Ohio.

The guy who replaced Favre, extending a seamless line of stellar quarterback play with the Green Bay Packers, will be making his first visit to the museum. The enshrinement ceremony is Saturday, and the Packers play the Indianapolis Colts in the Hall of Fame game on Sunday.

Former Pittsburgh Steelers linebacker Kevin Greene, who was an assistant coach in Green Bay, is also among an eight-member class being honoured. Greene will be introduced by current Packers defensive co-ordinator and former Steelers assistant

"There's a lot to be said about that and his career and the way he played, and it'll be fun to hear the remarks," Rodgers said before practice Monday night. They may not have been quite as chummy in 2008, when Rodgers took over as the starter following the messy split between the Packers and Favre who, at the time, had a hard time deciding whether or not he was going to retire.

Relationships have been mended. The Packers retired Favre's No. 4 jersey last year in an emotional homecoming.

"It's going to be really special to be a part of," Rodgers said about watching Greene and Favre getting inducted on Saturday. The Packers are staying in Cleveland and must or-



There's a lot to be said about his career and the way he played.

Rodgers on Favre

ganize travel to Canton for the ceremony.

It's also a game week, so the schedule is modeled after how the Packers operate during the regular season for a road game. Normally, the team would just be practicing and staying put at its hotel the day before a road game. Rodgers didn't know yet coach Mike McCarthy's plan for playing time for preseason games, including Sunday.

"My workload, it's hard to say workload with the amount of plays I've played the last few years in preseason," Rodgers said. "But whatever he wants us to do we'll do." THE ASSOCIATED PRESS

IN BRIEF

Chargers' receiver Johnson needs surgery says coach McCoy

Chargers coach Mike McCoy says wide receiver Stevie Johnson needs surgery for his injured right knee.

McCoy said Monday that the team won't know the severity of the injury until after the surgery, which will be in the next few days.

Johnson was hurt during practice on Sunday. He is entering his second year with the Chargers.

THE ASSOCIATED PRESS



SOCER LIVERPOOL LOSE AGAIN IN PRE-SEASON Liverpool striker Daniel Sturridge leaps over Roma defender Emerson Palmieri on Monday in St. Louis. Sheyi Ojo equalized after Edin Dzeko opened for Roma, but the Reds were undone by Mohamed Salah's 62nd-minute strike to fall 2-1. AFP/GETTY IMAGES

RECIPE Green Goddess Salad

PHOTO: MAYA VISNEV

Ceri Marsh & Laura Keogh
For Metro Canada

You could add grilled chicken or shrimp to this creamy and crunchy salad or you could give the stove a break and enjoy a crisp, cool, vegetarian dinner.

Ready in
Prep Time: 5 minutes
Total Time: 10 minutes

Ingredients

- 6 or 7 stalks of asparagus
- 2 or 3 handfuls of Boston or Bibb lettuce
- 1/2 English cucumber
- 1 handful of cherry tomatoes
- 1/2 avocado
- 1/4 cup feta cheese, crumbled
- Dressing
- 1/2 avocado
- 3/4 cup buttermilk
- 2 Tbsp chives, basil
- 3 tsp white wine vinegar
- 1 tsp anchovy paste

• 1 cup scallions

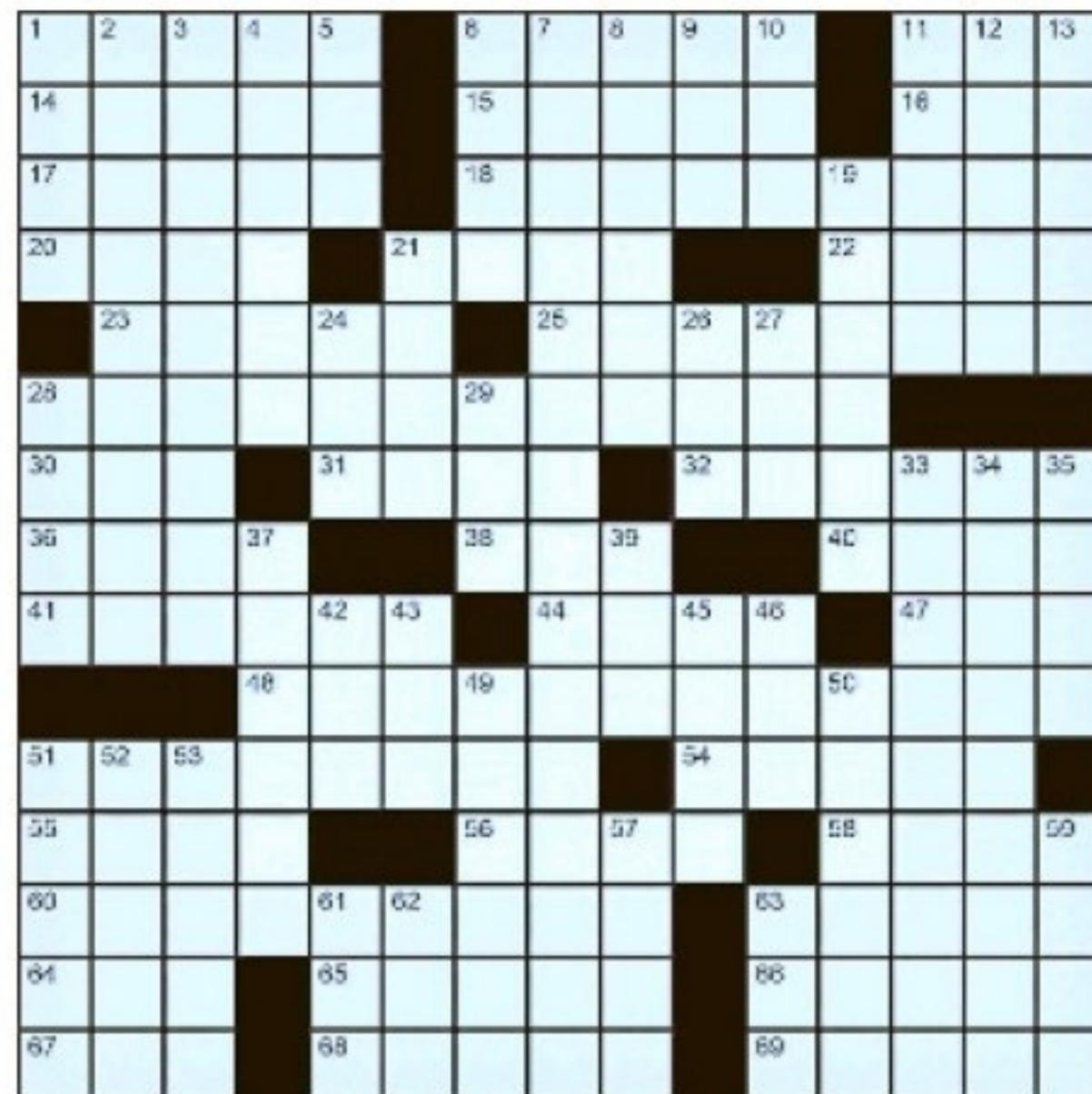
Directions

1. Put the dressing ingredients in a blender and whiz away.
2. Steam your asparagus for 3 to 5 minutes until they are crisp tender. Plunge them in cold water to stop them from cooking.
3. Wash and dry all of your other veggies. Tear and arrange your lettuce on a plate or platter.
4. Take the half, pitted avocado and cut into cubes. Scatter across the lettuce.
5. Cut up the asparagus into small pieces, about 2 inch lengths. Toss those on. Scatter the cucumber and tomatoes over your salad. Slightly dress the salad before covering in feta.

FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

1. Do alterations to the client's old suit
6. English-speaking Quebecer, commonly
11. __-med student
14. Offer one's point of view
15. Rock drill
16. Red Cross mission
17. Bette Davis' character in "All About Eve" (1950)
18. __ out (Expanding one's business, perhaps)
20. Plaintiff
21. Paving stone
22. "Come on, Dover, move yer bloomin' __!" - Eliza in "My Fair Lady" (1964)
23. Fido's collar attachment
25. Away-from-work breaks
28. Serving on a Canadian carnivore's breakfast plate: 2 wds.
30. Classic TV Cousin
31. Mr. LaBeouf
32. Group of four
36. Editor's 'let it stand'
38. Water channel, e.g.
40. Reasonable
41. Get the drink to fizz
44. Diplomacy
47. Murder trial proof, commonly
48. Canadian Museum of __ (Former name of the Canadian Museum of History in Gatineau, Quebec)



51. Beta-__
54. Wide assortment
55. Sort of lily
56. "That is __ out guitar!" ...exclaimed the '60s hippy rocker
58. Salt Lake City state
60. Little Bear constellation: 2 wds.
63. "Why __ longer receiving the magazine?"
64. Maritime message
65. Not hidden
66. Do the cha-cha
67. Farm animal
68. "Turn! Turn! Turn!" by The __
69. Wrath

69. Wrath
- DOWN**
1. Followers of CD-2
2. Military uniform's shoulder adornment
3. Circus performer,
4. "Just Once" singer James
5. Racing's Mr. Fabi
6. French monastery Superior
7. Saskatchewan city: 2 wds.
8. Dei __ Regina (By the grace of God,
9. " __ & Minds" (Old show on Bravo)
10. Gardener, at times
11. Gang
12. Brick foliage
13. C-A-N-__

the Queen)
9. "Steal My Sunshine" group
10. Folklore creature
11. Matches
12. Mouthwash-using step
13. Ford vehicles made in Canada
19. Does a ghost's job
21. Ex-ruler of Iran
24. The Outsiders author Ms. Hinton's
26. Group of play scenes
27. Shoe section
28. Leaning Tower of __
29. __ for Lexington
33. Beaming
34. Aggravator
35. "The __ Martin Show"
37. City in Washington state
39. Movie star, Aishwarya __
42. __-for-tat
43. Genesis fruit picker
45. Russian ruler
46. Driveway covering
49. More ludicrous
50. "The __ Show" (1998) starring Jim Carrey
51. Reason
52. Bow's shot
53. Russian, in Montreal
57. __ & Minds" (Old show on Bravo)
59. Gardener, at times
61. Gang
62. Brick foliage
63. C-A-N-__

***IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today's New Moon is the best day all year to look at the balance in your life with work versus play, socializing and appreciating your creativity. Life should not be all about work.

Taurus April 21 - May 21
This is the best day of the year to see ways to improve your home and your family relationships. It's a great day to make resolutions!

Gemini May 22 - June 21
Today's New Moon is the perfect day to think about your style of communicating to others. Are you clear in all your communications?

Cancer June 22 - July 23
You are frugal by nature. Nevertheless, today is the only New Moon all year urging you to make resolutions about how you handle your wealth.

Leo July 24 - Aug. 23
Because you are disciplined today, you will accomplish a lot. Examine the structures in your life to see what is really working and what is not.

Virgo Aug. 24 - Sept. 23
Take a moment today to think about the values that guide you on a daily basis. This is something we take for granted and often never think about.

Libra Sept. 24 - Oct. 23
Today's New Moon is your opportunity to think about how you can improve your friendships and your relationships with groups. After all, there's always room for improvement, isn't there?

Scorpio Oct. 24 - Nov. 22
People skills are important, especially when dealing with bosses and VIPs. How are your skills for dealing with authority figures?

Sagittarius Nov. 23 - Dec. 21
You love to travel, and you love to learn. Today's New Moon urges you to think of ways to enrich your life through travel and further study.

Capricorn Dec. 22 - Jan. 20
Each New Moon is a chance to make resolutions. Today's New Moon offers you a chance to think about how to get out of debt and handle shared property in a better way.

Aquarius Jan. 21 - Feb. 19
What can you do to improve your partnerships and closest relationships? This might be the best day of the year to think about this. Be honest with yourself.

Pisces
Feb. 20 - March 20
Today's New Moon is your chance to think about how to improve your health, as well as how to improve your job or how you do your job.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

5	6		8	3	2
		6	4	9	5
2			3		7
	2			9	5 3
		9			2
4	7	5			8
	6		7		1
3	5	2	1		
1	4	9		3	8

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2007
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